

*Food for Body
and Soul*



Cookbook

Expression of Appreciation

Our organization, the compilers and sponsors of this cookbook, would like to thank and express our sincere appreciation to the many people who gave so generously of their time and energy in collecting and submitting recipes and assisting with the sale of our cookbooks. Without their help, the book would not have been possible.

And also, thanks to you for purchasing this cookbook, so that Silver Maple Camp can continue to teach our young people in the Lord.

THE COOKBOOK COMMITTEE

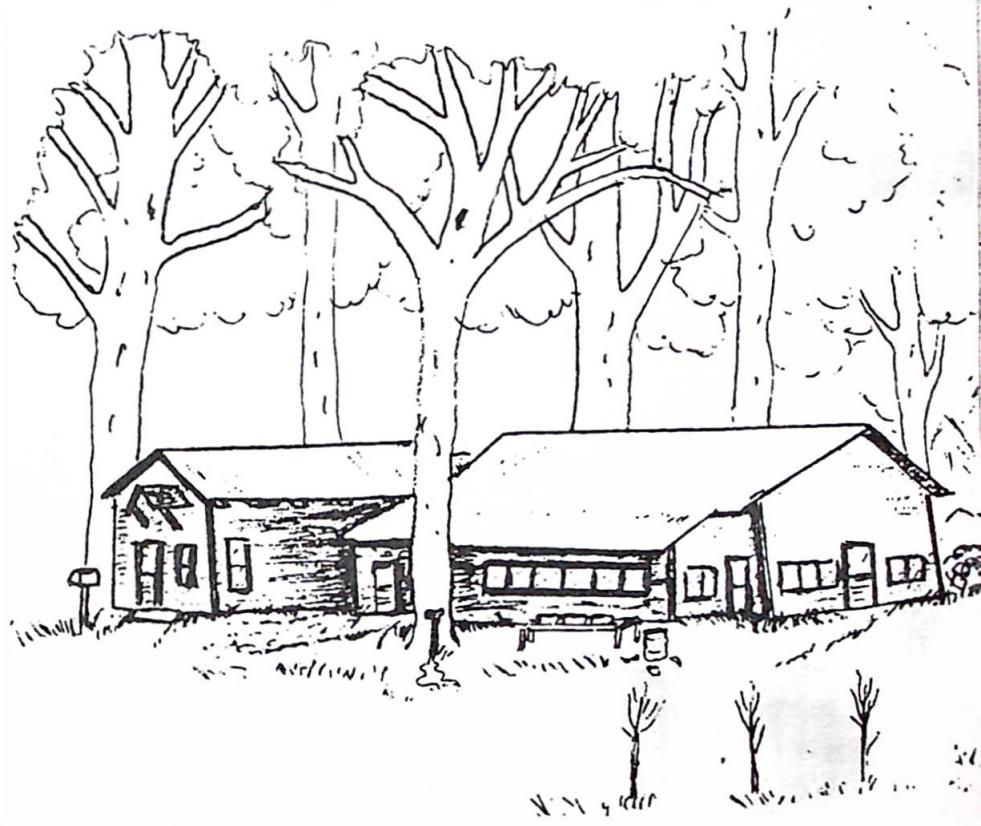
Norwich Chapter of
Silver Maple Camp
Women's Auxiliary

DEDICATION

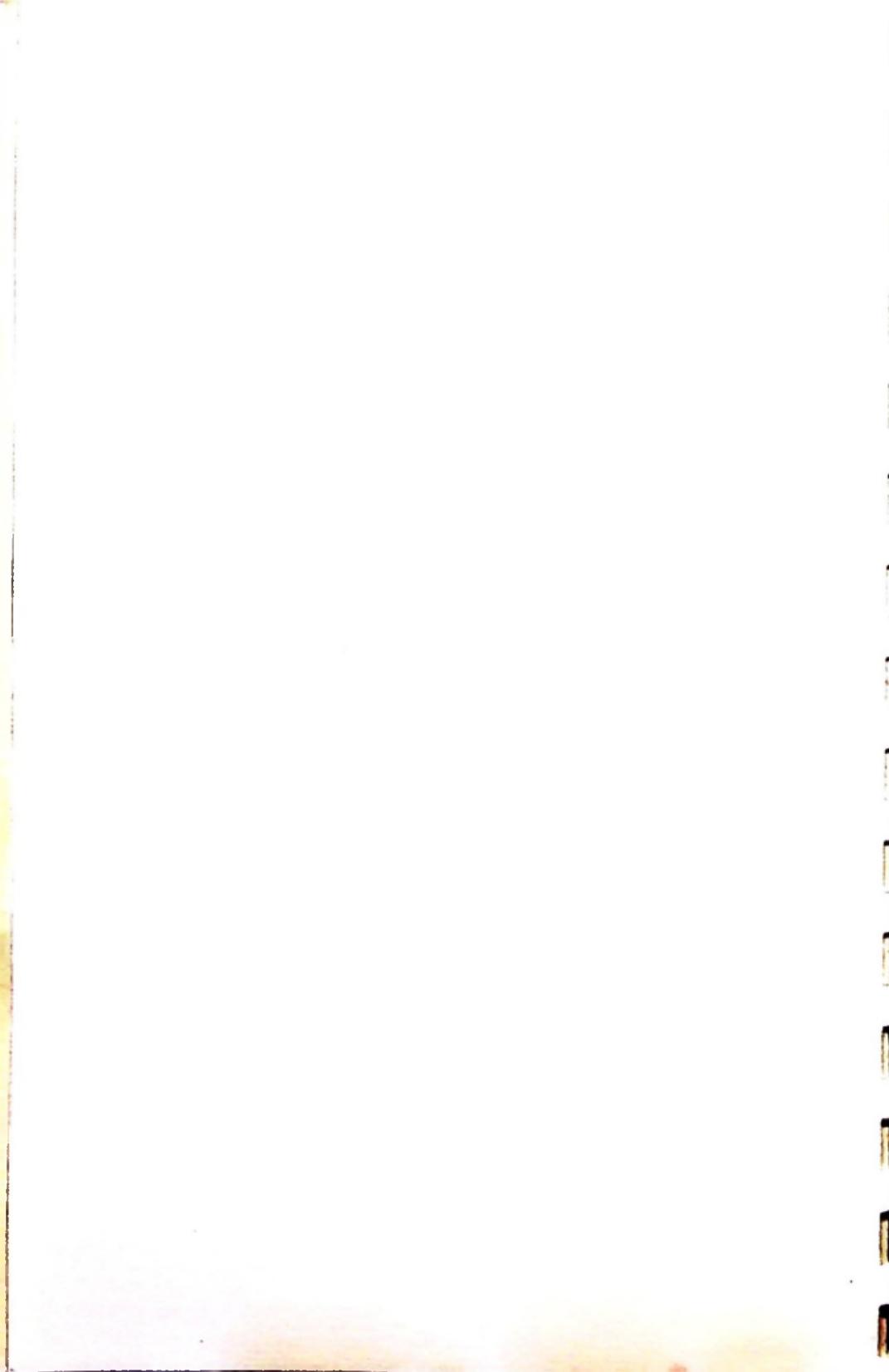
There have been many ladies who have helped with the preparation of meals during the 35 years that Silver Maple Camp has been in operation. Enid Brown of Penalosa, Kansas, is one of those ladies who served the Camp as head cook for about 10 years, and as assistant cook for several more years. As head cook, she planned all the meals, purchased all the groceries, and supervised the preparation of all the meals. She served as head cook for all three sessions each year, and prepared three meals a day for about 125 campers and camp personnel.

Enid considers the time she worked and spent at Camp as very enjoyable and fulfilling, and she always felt well rewarded, even though the pay was small, the hours long, and the weather hot and uncomfortable. Enid remembers many ladies who made this job easier by helping out each day. To name a few: Eleanor Petersen, Elizabeth Obrecht, Alice Beatty, Delia Cross, and all the ladies of the Maple family.

This cookbook is dedicated to Enid and all the ladies who have worked so tirelessly in the preparation of meals for the thousands of campers who have been served in the "old dining hall."



"Camp Dining Hall"





Your Favorite Recipes

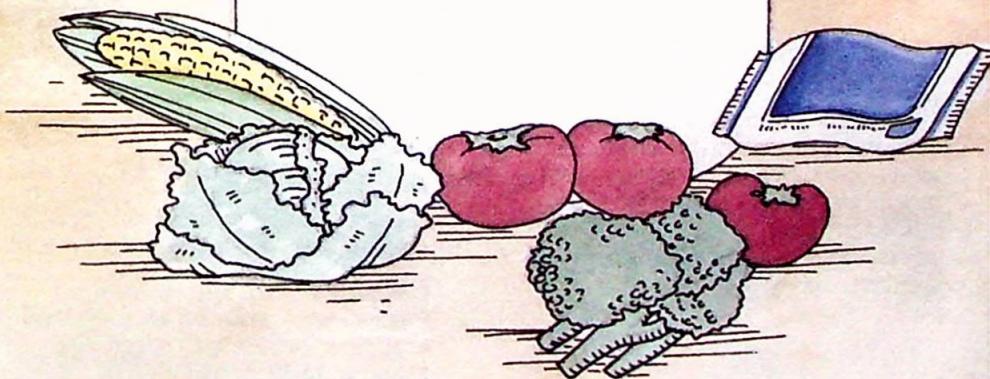
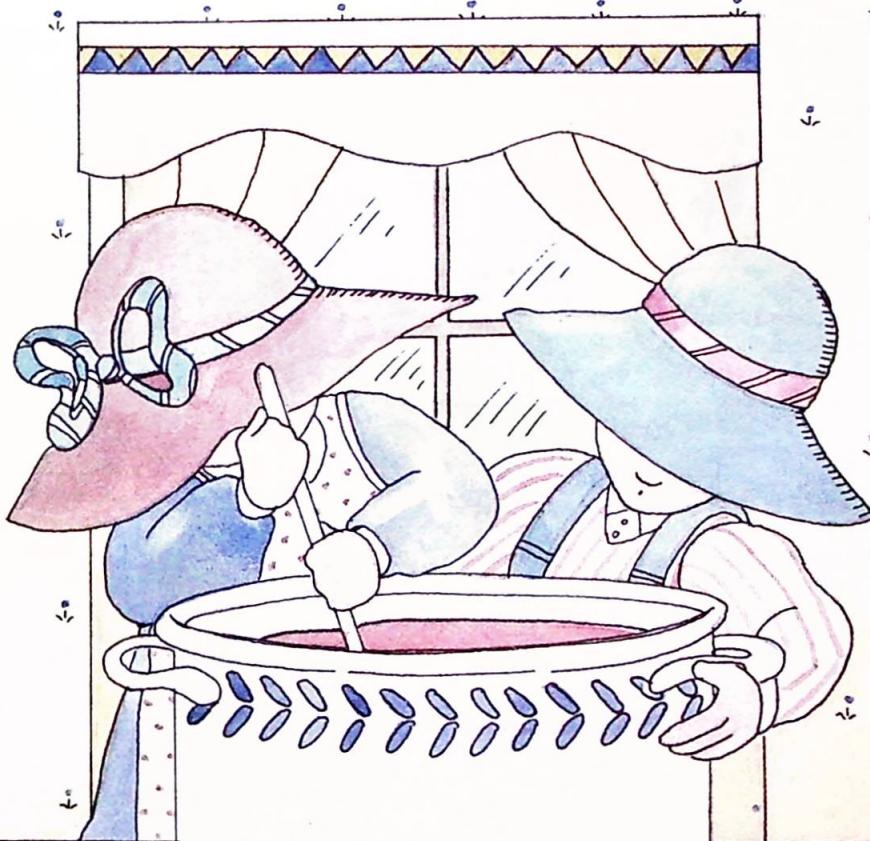
Recipe

Page Number

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Soups, Salads & Sauces





Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.
Wash well, drain and dry greens before storing; chill well before using.
To core lettuce, smack head stem end down on counter top. Then twist the core out.
It is better to tear greens into bite-sized pieces to avoid bruising with knife.
Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Use them only for garnishing the salad bowl.
Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and the skin should be removed.
Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments

Clear Soups — crisp crackers, cheese pastry, cheese-spread toast strips.
Cream Soups — cheese popcorn, seeded crackers, pretzels, pickles and olives.
Chowders and Meat Soups — Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

SOUPS, SALADS & SAUCES

FOOD FOR THE SOUL

"Salt is good; but if the salt becomes unsalty, with what will you make it salty again? Have salt in yourselves, and be at peace with one another."

Mark 9:50

TURKEY VEGETABLE SOUP

1 lb. ground turkey	1 large can whole tomatoes
2 beef bouillon cubes	2 c. water
1 large onion, chopped	2 c. cabbage, chopped
4 celery stalks, chopped	1 tsp. basil leaves
6 carrots, sliced	1 tsp. pepper
4 medium potatoes, peeled and chopped	2 garlic cloves, minced

Brown and drain turkey. Put turkey and all other ingredients in crock-pot and cook on low 8 hours or high for 4 hours. Makes 8 servings.

Nancy Proctor
Norwich, KS

CHEESE SOUP

This is from a quaint restaurant in Austin, Texas and a favorite of our family.

1/4 c. chopped onion	1/4 c. diced carrots
2 Tbsp. margarine	1/4 c. diced celery
1/4 c. flour	1/2 to 1 lb. sharp Cheddar
2 c. milk	cheese
13 3/4 oz. chicken broth	dash of salt and pepper

Cook onion in margarine until tender but not brown. Blend in flour, milk and chicken broth. Add carrots and celery. (We cook broccoli stems and add this to this soup for cheese/broccoli soup when we have some stalks left from using the tops in a dip tray.) Add salt and pepper. Cook until

thick and bubbly. Reduce heat and add grated cheese. Serve hot.

Darlene Denton
Salina, KS
Mrs. Tim Denton
(Camp Counselor and Teacher)

TACO SALAD

1 head lettuce, torn into
small pieces
2 tomatoes, cut into small
pieces
2 green onions, chopped
1 c. crushed corn chips

1/2 c. drained ripe olives,
cut into thin slices
4 oz. sharp Cheddar cheese,
grated
Seven Seas creamy Italian
dressing

Ingredients can be torn, chopped and crushed ahead of time and stored in separate Ziploc bags. Wait until ready to serve to assemble.

Jane McCoy-Clearwater

KRAUT SALAD

1 (No. 2) can chopped kraut
1 large onion, chopped
1 c. chopped celery or green pepper

1/4 c. sugar
1 c. chopped pimentos

Mix all ingredients except sugar. Sprinkle sugar over top of mixture. Cover container and refrigerate overnight. Mix well and serve.

Carrots may be substituted for pimentos.

Sallie Smith
Katie Mahoney

SAUERKRAUT MOLD

1 pkg. strawberry jello
2 c. boiling water
1 3/4 c. cold water
2 Tbsp. cider vinegar

2 tsp. grated onion
1 1/2 c. sauerkraut, drained,
rinsed and patted dry
1/2 c. chopped celery

Dissolve gelatin in boiling water. Add cold water and onion. Chill in refrigerator until slightly thickened. Fold in celery and sauerkraut. Pour mixture into an oiled 6-cup mold. Chill until firm. On serving plate unmold and garnish with celery leaves.

Elizabeth Obrecht

MARINATED VEGETABLE SALAD

1 (17 oz.) can small peas, drained	1/2 c. diced celery
1 (17 oz.) can white Shoe Peg corn, drained	1 c. chopped onion
1 (15 oz.) can French-style green beans, drained	1/2 c. chopped pepper
1 (2 oz.) jar diced pimento, drained	1 c. sugar
	1/2 tsp. pepper
	1 tsp. salt
	1/2 c. vegetable oil
	3/4 c. vinegar

Combine vegetables, tossing lightly. Combine remaining ingredients in a medium saucepan. Bring to a boil over low heat, stirring occasionally. Pour over vegetables, stirring gently to blend well. Cover and chill 24 hours. Serves 10 to 12.

Zona Gould

FRESH BROCCOLI-CAULIFLOWER SALAD

1 bunch broccoli	8 slices crisp bacon, crumbled
1 head cauliflower	1 c. mayonnaise
1/2 red onion, sliced	1/4 c. sugar
2 c. raisins (optional)	2 Tbsp. white vinegar

Clean and cut up your broccoli and cauliflower. Slice your red onion and pull apart rings. In bowl place broccoli, cauliflower, red onion rings, crumbled bacon and raisins, if desired.

In a small bowl combine the mayonnaise, sugar and vinegar. Place this dressing on your salad 30 minutes before serving.

Kathy Armstrong

BROCCOLI AND CAULIFLOWER SALAD

1 head cauliflower	2 c. shredded Mozzarella cheese
1 bunch broccoli	1/4 c. sugar
1 small onion	1/4 c. Parmesan cheese
1 lb. bacon, crumbled	2 Tbsp. vinegar
2 c. mayonnaise	

Finely chop cauliflower, broccoli, onion and bacon and mix together in large mixing bowl. Mix the remaining ingredients together to form a dressing, then pour over vegetables and mix well.

Janet Van Gieson Norwich

CAULIFLOWER SALAD

1 head cauliflower	2 Tbsp. sweet pickle relish
4 chopped green onions	1 c. shredded cheese
1 chopped bell pepper	1/3 c. French dressing
2 chopped tomatoes	2/3 c. mayonnaise
2 carrots, sliced	

Break cauliflower into small flowerets. Add the other vegetables with the cheese and dressing.

Some broccoli may be added if desired.

Maciel Knierim

CRACKED WHEAT AND PARSLEY SALAD

3/4 c. cracked wheat (bulgur)	2 tsp. snipped fresh mint or
1 1/2 c. snipped parsley	2 tsp. crushed dried mint
3 medium tomatoes, chopped	1/4 c. lemon juice
1/3 c. chopped green onions	1 tsp. salt
1/4 c. olive or vegetable oil	1/4 tsp. pepper

Cover cracked wheat with cold water; let stand 30 minutes. Drain; press out as much water as possible. Place wheat, parsley, tomatoes, green onions and mint in glass or plastic bowl. Mix remaining ingredients; pour over wheat mixture. Toss. Cover and refrigerate at least 1 hour. Garnish with ripe olives if desired.

Note: For a softer texture, cover cracked wheat with boiling water. Let stand 1 hour. Makes 6 servings.

Mrs. Darrel Murphy

CALICO SALAD

1 c. diced cooked potatoes	2 Tbsp. chopped parsley
1 c. diced cooked carrots	1/4 c. French dressing
1 can chopped pimentos	1/2 head lettuce
2 Tbsp. chopped onion	mayonnaise

Combine all ingredients except lettuce. Chill one hour. Add to chopped lettuce and toss. Serve with mayonnaise. Serves 6.

Elaine Barber, mother of
Bob, David, Rick, Mary and
and Cheryl High campers

VEGETABLE SALAD

1 c. sugar	1 can French-cut green beans
3/4 c. vinegar	1/2 c. pimentos
1/2 c. salad oil	1 c. chopped celery
1 can LeSueur baby peas	1 c. green peppers, diced
1 can Shoe Peg corn	1 c. chopped onion

Heat sugar, vinegar and salad oil until sugar dissolves. Cool, then pour over remaining ingredients. Store in covered container in refrigerator.

Rita Rhodes

MANDARIN ORANGE LETTUCE SALAD

1 pkg. sliced almonds	1 c. celery, chopped
1 Tbsp. plus 1 tsp. sugar	1 (11 oz.) can mandarin
1 head lettuce (can used different kinds)	oranges, cooled and drained
2 fresh green onions	

Cook almonds and sugar over low heat until sugar is melted and almonds are coated. Cool. Break apart. Tear lettuce apart into small pieces and put in plastic bag. Add celery and onions. Before serving, pour dressing in bag. Add almonds and drained oranges. Shake. Put in bowl and serve.

Dressing:

1/2 tsp. salt	2 Tbsp. sugar
2 Tbsp. wine vinegar	1/4 c. salad oil
1 Tbsp. parsley flakes	dash of pepper

Make ahead of time so can dissolve and refrigerate.

Dortha Heyen
Stafford, KS

SPAGHETTI SALAD

1 (12 oz.) pkg. thin spaghetti, cooked
 1 (8 oz.) bottle Italian dressing
 1 tsp. sugar

1/2 bottle Salad Supreme (in spice section)
 1 zucchini, peeled and sliced
 1 red onion, chopped
 1 cucumber, peeled and cubed
 1 tomato, chopped and drained

Cook the spaghetti noodles according to package directions. Drain in colander and run cold water over the noodles to cool them down. Drain well. Put all the ingredients in a large covered bowl (Tupperware mixing bowl is great). Mix well. Chill overnight and stir well before serving.

Excellent summer salad; very refreshing and can sit for up to a week in the refrigerator to eat from.

Darlene Denton, Salina, KS
 (Mrs. Tim Denton)
 camp counselor and teacher

ZINA'S RELISH SALAD

1 can Shoe Peg corn (tiny kernels)
 1 can green lima beans
 1 c. chopped celery

1 can LeSueur peas (tiny peas)
 4 oz. jar pimentos
 1/2 onion, chopped

Dressing:

1/2 c. oil
 1/2 c. sugar
 1/2 c. vinegar

1 tsp. salt
 1 tsp. pepper

Drain canned vegetables; add celery and onion. Combine dressing; blend well. Pour over vegetables mixing gently. Will keep indefinitely in refrigerator.

Enid B. Brown
 Penalosa, KS

STRAWBERRY NUT SALAD

2 (3 oz. size) pkg. strawberry gelatin
 1 c. hot water
 2 (10 oz. size) pkg. frozen strawberries, thawed

1 (1 lb. 4 oz.) can crushed pineapple, drained
 3 medium bananas, mashed
 1 c. chopped walnuts
 1 pt. sour cream

Combine gelatin and water. Fold in berries with juice. Add pineapple, bananas and nuts. Turn half of mixture into

dish. Refrigerate until firm. Spread with sour cream. Gently spoon remaining berry mixture over sour cream layer and refrigerate until firm.

Darlene McMillion

NEW COOL SALAD

4 c. miniature marshmallows	2 1/4 oz. pkg. red hots
15 1/4 oz. crushed pineapple and juice	3 1/2 c. whipped topping

Mix all ingredients except marshmallows. Add topping to taste. Refrigerate 3 hours. Add marshmallows before serving. Will keep in refrigerator a long time.

Very good and pretty for holidays.

NeidaVonne Zeek
Hutchinson, KS

SEAFOAM SALAD

1 pkg. lime jello	1 small carton whipped
1 c. hot water	topping
1 c. marshmallows	1 small can crushed pineapple
8 oz. cream cheese	with juice

Dissolve jello and marshmallows in hot water. Stir cream cheese and whipped topping together and add to jello. Add crushed pineapple. Chill in refrigerator.

Darlene Hamm

CHERRY SALAD

1 can cherry pie filling	1 can Eagle Brand milk
1 small can drained crushed	2 to 3 c. miniature
pineapple	marshmallows
1 small Cool Whip	pecans

Mix together by hand and chill four hours.

Susan Ross

WATERGATE SALAD

1 (9 oz.) carton whipped	1 (1 lb.) can crushed
topping	pineapple and juice
1 box instant pistachio	1 c. miniature marshmallows
pudding	1/2 c. nuts

Fold dry pudding into topping. Add remaining ingredients. Refrigerate.

Julie Janson

DEWEY-TYPE JELLO SALAD

2 small pkg. lime jello (can be sugar-free)	1 1/2 c. cottage cheese or American or mixture of both
1 1/2 c. hot water	1/4 to 1/2 c. thinly sliced celery
2 c. cold liquid*	1/2 c. broken walnut meats
1 (15 1/4 oz.) can crushed pineapple, drained (save juice)	

*Juice from can crushed pineapple, ice cubes and water.

Dissolve jello in hot water. Combine drained juice from pineapple with ice cubes and water to make 2 cups. Add to jello mixture. When syrupy add crushed pineapple, cheese, celery and walnut meats.

Elaine Barber, mother of campers, Bob, David, Rick, Cheryl and Mary High

MARY EATON'S SALAD

2 pkg. lime Jell-O (small size)	3/4 c. chopped pecans
2 c. water and juice from pineapple	1 c. Carnation milk
1 1/2 c. crushed pineapple, drained	1 c. mayonnaise
	1 large carton small curd cottage cheese
	salt to taste

Heat water and juice to dissolve Jell-O. Mix all together and set in a 9 x 13-inch glass dish.

It is nice to mix a small amount of the lime Jell-O and keep until salad is set and then pour on top of the mixed salad. It makes a pretty topping on the salad.

Millie Whitlow
Clearwater

SUMMER SALAD

2 cans mandarin oranges	1 box vanilla tapioca pudding
2 medium cans pineapple chunks	2 bananas
1 box vanilla pudding	few maraschino cherries

Drain fruits. Use juice to put over the pudding in

place of milk. If there is not 3 cups of juice add orange juice to make 3 cups. Let stand 5 minutes. Cook over medium heat to boiling. Remove from heat and pour over fruit.

Donna Carpwood
Clearwater

TAPIOCA ORANGE GELATIN SALAD

2 (3 1/8 oz.) pkg. vanilla tapioca mixes	1 pkg. prepared whipped topping or 8 oz. Cool Whip
1 (3 oz.) pkg. orange gelatin	1 (8 oz.) can mandarin oranges, drained
3 c. hot water	

Dissolve pudding mixes and gelatin in hot water. Place over heat and boil 5 minutes, stirring frequently. Do not boil over 5 minutes. Cool until heat is gone. Fold in oranges and whipped topping. Chill at least 2 hours.

Mitzi Slack

TANGY FRUIT SALAD

1 can pineapple tidbits	juice of 1 lemon
6 orange, pared, sectioned and cut into bite sized pieces	1/2 c. sugar
	2 Tbsp. cornstarch
	3 bananas, sliced

Add pineapple and juice to oranges. Add lemon juice and sugar; let set in refrigerator overnight. Drain juice; thicken with cornstarch and cool. Add oranges and pineapple; place in refrigerator. Add bananas before serving.

Mary Millard

FRUIT SALAD

1 can apricot pie filling	1 pkg. frozen strawberries
1 can plums, drained	bananas, slice and cover with
1 flat can pineapple (crushed), drained	lemon juice
	1 can mandarin oranges

Refrigerate overnight.

Jerre Pepper

STRAWBERRY JELLO SALAD

2 (3 oz.) pkg. strawberry jello	3 bananas, mashed
2 (10 oz.) pkg. frozen strawberries	1 carton sour cream (large)
	2 c. pecans
	2 c. hot water

Dissolve jello in 2 cups hot water. Add frozen strawberries and mashed bananas. Pour half of the mixture into bowl and let set. Cover with sour cream, then chopped pecans and remaining mixture. Let set until firm.

Mary Nell White

FROZEN STRAWBERRY SALAD

1 (14 oz.) can Eagle Brand
milk
1/4 c. lemon juice
1 (1 lb.) boxes frozen
strawberries, thawed

1 (20 oz.) can crushed
pineapple, drained
1/2 c. chopped nuts
1 (9 oz.) carton Cool Whip

In large bowl combine Eagle Brand and lemon juice. Stir in strawberries, pineapple and nuts. Fold in Cool Whip. Spoon into paper cups. Place in muffin pans and freeze.

Lois Maple

FROZEN STRAWBERRY SALAD

1 (8 oz.) pkg. cream cheese
3/4 c. sugar
1 can crushed pineapple

1 (10 oz.) pkg. frozen
strawberries
3 bananas, sliced
1 (12 oz.) bowl Cool Whip

Beat cream cheese and sugar. In another bowl combine remaining ingredients; mix thoroughly but gently. Combine with cheese mixture. Spoon into a 9 x 13-inch pan. Freeze overnight. Serve frozen, cut in squares.

Betty J. Keesee
and Mary Poland

SHRIMP COCKTAIL SAUCE

1 Tbsp. catsup
1/2 tsp. lemon juice
2 drops Tabasco sauce
1 tsp. prepared horseradish
1/2 tsp. olive oil

1/2 tsp. finely chopped onion
1/2 tsp. finely chopped
celery
1/2 tsp. Worcestershire sauce
1/2 tsp. minced green pepper

Use exact amount for 1 cocktail.

Nell Maple
Antlers, OK

FRESH FRUIT DESSERT DIP

1 (7 oz.) jar Marshmallow
Creme

1 (8 oz.) pkg. cream cheese
cream or milk to thin mixture

Soften cream cheese and beat together with Marshmallow Creme. Add drops of almond extract to taste and thin with cream or milk. Serve with any fresh fruit (strawberries, grapes, bananas, peaches, apples, pineapple chunks, etc.)

This will keep refrigerated but requires thinning before using.

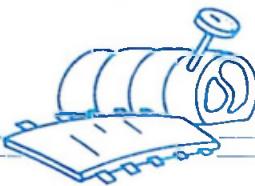
Dortha Heyen
Stafford

<<< Extra Recipes >>>

<<< Extra Recipes >>>

Meats & Main Dishes





Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30-40	325	175 F
Leg	5 lbs.	25-30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 - 50	325	170 F
Boned and rolled				
Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 - 7 lbs.	25	325	135 F
- medium	3 - 7 lbs.	30	325	165 F
- well done	3 - 7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 - 10 lbs.	40	325	190 F
- boned and rolled	3 - 6 lbs.	40	325	182 F
Leg - medium	5 - 10 lbs.	40	325	175 F
- well done	3 - 6 lbs.	40 - 50	325	182 F
Crown - well done	3 - 6 lbs.	40 - 50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5 lbs.	30 - 40	325	170 F
	8 lbs.	30 - 40	325	175 F
Boneless butt	2 lbs.	40	325	180 F
	4 lbs.	25	325 F	170 F
Ham	12 - 20 lbs.	16 - 18	325 F	170 F
	Under 10 lbs.	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 - 6 lbs.	35	325 F	175 F
Leg	5 - 10 lbs.	35	325	175 F
Boneless shoulder	4 - 10 lbs.	45	325 F	175 F
POULTRY				
Chicken	3 - 5 lbs.	40	325 F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 - 10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 - 10 lbs.	30	325	175 F

MEATS & MAIN DISHES

FOOD FOR THE SOUL

For everyone who partakes only of milk is not accustomed to the work of righteousness, for he is a babe. But solid food is for the mature, who because of practice have their senses trained to discern good and evil.

Hebrews 5:13 and 14

BEEF BOURGUIGNON

1 1/2 medium onions, sliced	1/4 tsp. thyme
1 to 2 Tbsp. oil	1/4 tsp. black pepper
1 lb. beef (cut in 1-inch cubes)	1/3 c. beef broth
1 to 2 Tbsp. flour	2/3 c. red wine
1/4 tsp. marjoram	1 c. fresh mushrooms, sliced

In heavy skillet, cook onions in oil until tender. Remove to another dish. In same skillet, saute beef cubes until browned. Sprinkle with flour and seasoning. Add broth and wine. Stir well and simmer slowly for 1 1/2 to 2 hours. Add broth and wine (1 part broth to 2 parts wine) as necessary to keep beef barely covered.

Return onions to beef mixture. Add mushrooms and stir well. Cook, stirring occasionally, for about 20 to 30 minutes longer. Sauce should be thick and brown. Serves 4.

Angela Glascock

BEEF-GARDEN CASSEROLE

1 lb. ground beef	1 can whole kernel corn
1 can tomato soup	1/2 c. chopped onion
1 can green beans	

Biscuits:

2 c. flour	1 Tbsp. shortening
2 tsp. baking powder	1 c. buttermilk
1/4 tsp. baking soda	(approximately)
1 tsp. salt	

Brown ground beef and onion together. Drain off fat. Drain green beans and corn and add to ground beef. Add tomato soup, salt and pepper. Let simmer 10 minutes. Top with

biscuits and bake at 350° until biscuits are brown, about 12 minutes.

Biscuits: Blend shortening into dry ingredients. Add buttermilk; mix and roll to 1/2 inch. Cut into biscuits.

Bettye Jo Hamm

HAMBURGER POTATO CASSEROLE

2 lb. hamburger
1 medium onion, chopped
2 cans mushroom soup
2 lb. bag Tater Tots
8 oz. carton sour cream

2 c. shredded cheese
Italian seasoning
1/4 tsp. or less salt
pepper

Brown hamburger and onion; drain off grease. Add mushroom soup, sour cream and seasonings to taste. Stir together; put in 9 x 13-inch pot. Put cheese on top of meat mixture, then top with Tater Tots. Bake at 350° about 45 minutes.

Mary Poland

HAMBURGER COBBLER

2 lb. hamburger
2 cans mixed vegetables
1 can golden mushroom soup

1 Tbsp. dried chopped onions
6 slices American cheese
1 tsp. salt

Dough:

2 c. flour
1 tsp. salt
1/3 c. cooking oil

1 c. milk
2 rounded tsp. baking powder

Brown crumbled hamburger and drain. In large baking pan pour vegetables, onions and soup. Mix until soup is mixed well with vegetable juice. Spoon over this mixture the drained hamburger, then place slices of cheese on top.

Mix dough ingredients until smooth and good spreading consistency. Smooth the dough over the hamburger mixture. Bake at 375° for 20 to 30 minutes or until dough is done. Serves 8.

Elaine Barber, mother of
campers: Bob, David, Rick High,
Mary Calvert and Cheryl Linhardt

DRIED BEEF CASSEROLE

1 can mushroom soup	2 c. shredded cheese
1 can sliced mushrooms	2 diced boiled eggs
1 c. uncooked macaroni	14 oz. jar dried beef
1/2 c. diced onion	1/2 c. milk

*Soak in boiling water 5 minutes; drain and cut.

Mix all ingredients and bake 45 minutes at 350° in greased dish covered with foil. Crush corn flakes or potato chips and cover top of casserole. Brown 15 minutes.

It's best if marinated overnight.

Sandy Brock
Camp cook '88 and '89 for
senior session

MINT FLAVORED GREEK MEATBALLS

1 lb. ground beef	1 tsp. snipped fresh mint
1/2 c. dry bread crumbs	leaves or 1/2 tsp. crushed
1/4 c. snipped parsley	dried mint
1/4 c. milk	1/2 tsp. crushed dried
1 egg	oregano leaves
1 medium onion, finely chopped	1/4 tsp. pepper
1 tsp. salt	1 clove garlic, finely chopped

Mix all ingredients. Shape mixture into 1 inch meatballs. (For easy shaping, dip hands into cold water from time to time.) Place meatballs in ungreased jelly roll pan (15 1/2 x 10 1/2 x 1-inch or oblong pan 13 x 9 x 2-inches). Cook uncovered in 350° oven until light brown, about 25 minutes.

The meatballs can be served with tomato sauce or hot cooked rice. This recipe makes 4 servings (about 36 meatballs).

Mrs. Darrel Murphy

BARBECUED MEATBALLS

2 lb. hamburger	1 (8 3/4 oz.) can evaporated
1 1/2 c. cracker crumbs	milk
2 eggs	salt and pepper to taste
	1/2 c. chopped onion

Sauce:

1 c. brown sugar	1/2 tsp. liquid smoke
1 1/3 c. ketchup	1 1/2 tsp. chill powder
1/2 tsp. garlic salt	

Mix first 6 items together. Shape into balls and put in 9 x 13-inch pan.

Mix ingredients for sauce and pour over meatballs. Bake at 350° for 1 hour.

Deveny Coryell
Anthony, KS

BARBECUE MEATBALLS

Meatballs:

1 lb. hamburger	1 tsp. salt
1 egg	1/4 c. chopped onion
1/4 c. milk	1/4 tsp. pepper
1/2 c. soft bread crumbs	

Sauce:

1/2 c. ketchup	2 Tbsp. vinegar
2 Tbsp. packed brown sugar	1 Tbsp. Worcestershire sauce
2 Tbsp. water	

In a large bowl, mix all the ingredients for the meatballs. Shape into walnut-sized meatballs and place on a cookie sheet. Bake at 375° for 30 minutes, turning meatballs once after 15 minutes. Remove from pan and add to sauce.

To prepare sauce, combine ingredients and bring to a boil for 10 to 15 minutes. Add meatballs and simmer 10 minutes. Serve hot. Makes approximately 40 meatballs. Serve with rice or as a finger food with a toothpick stuck in each meatball.

Millie Whitlow
Clearwater

DAVY CROCKETT CASSEROLE

1 1/2 lb. ground beef	1 tsp. salt
1 lb. can stewed tomatoes	1 egg
1 small can tomato sauce	1 (12 oz.) carton small curd cottage cheese
1 small can ripe olives, drained, pitted and chopped	1/2 lb. Monterey Jack cheese
1 pkg. enchilada mix	1 large pkg. tortilla chips
	1 c. grated Cheddar cheese

Brown meat; add tomatoes, sauce, olives, enchilada mix and salt and warm gently. Beat egg and add to cottage cheese. In a 3 quart casserole, spread one third meat sauce, top with

half the Jack cheese and half the cottage cheese mixture. Top with a layer of tortilla chips. Repeat layers. Top with grated Cheddar cheese. Garnish with broken tortilla chips. Bake uncovered about 30 minutes at 350°.

Mrs. Betty J. Keesee

TAMALE CASSEROLE

6 large tamales
1 can chicken soup
1 large can hominy

grated cheese
1 can Ranch Style beans

Cut the tamales into small pieces and put half of them in the bottom of a square Pyrex dish. Then add one half of the rest of the ingredients. Make two layers, using the last cheese on top. Bake at about 350° until cheese is melted.

Maciel Knierim

TACO PIE

1 pkg. crescent rolls
1 lb. browned hamburger
1 pkg. taco mix
1 small can tomato sauce

1 1/2 c. crushed corn chips
(approximately)
1 (8 oz.) carton sour cream
1 heaping c. shredded Cheddar cheese

Brown hamburger; drain grease, then add package of taco mix and tomato sauce. Mix and simmer 2 minutes. Make a crust in 9-inch pie plate by pressing crescent rolls in bottom and sides of plate. Add enough crushed corn chips to cover bottom of crust and then add hamburger mixture. Cover with sour cream. Cover with another layer of crushed chips, then cover with shredded Cheddar cheese. Bake at 375° (350° if using Pyrex) for 20 minutes. Top with onion, lettuce, tomatoes and taco sauce when served.

Susan Gammill
Anthony Church of Christ

MEXICAN CASSEROLE

2 1/2 lb. ground beef
1/2 c. onions
2 cans Mexican beans
1/2 tsp. oregano
2 (8 oz. each) cans tomato sauce

1 can Cheddar cheese soup
1 can mushroom soup
1/2 tsp. chili powder
1 pkg. Fritos or tortilla chips, crushed
2 chopped tomatoes

Brown ground beef and onions. Drain off fat. Put meat in a large flat baking dish. Add beans and next 5 ingredients. Cook until heated through. Pour on top of ground beef. Crush Fritos; sprinkle over beans. Pour on the grated cheese. Heat in oven at 350° until cheese is melted. Before serving add tomatoes and lettuce. Serves a bunch.

Wanda Dickson
Stafford

MEXICAN CORNBREAD

1 c. corn meal	2 cloves garlic, ground or
3 Tbsp. oil	1/2 tsp. garlic powder
1/2 tsp. soda	1 small can jalapeno peppers, ground
1 large onion, ground	1/2 lb. Cheddar cheese, grated
1 medium can cream-style corn	3/4 lb. ground meat, partly cooked
3/4 c. milk	
2 eggs, beaten	
1/2 tsp. salt	

Mix all ingredients together in large bowl and pour into a greased and floured baking dish (9 x 13-inches). Bake at 350° until light brown and firm, about one hour.

Serve with picante sauce.

Janet Feril

MEXICAN CORN BREAD

1 lb. hamburger	1 egg
1 small onion	1 can cream-style corn
1 box Jiffy corn bread mix	1 lb. Longhorn cheese, grated
1/3 c. milk	

Mix corn bread mix, milk, egg and corn together. Fry hamburger and onion; drain. Add 1 can green chilies (juice too). Set aside. Layer 1/2 corn bread mix in a 9 x 13-inch dish, oiled. Then hamburger mix, then 1/2 cheese. Add rest of cornbread mix. Bake at 350° about 30 to 40 minutes until corn bread is almost done. Put rest of cheese on top; place in oven until cheese is melted.

Patsy Tarr-Hutchinson

MEXICAN STUFFED SHELLS

12 pasta jumbo stuffing shells, cooked and drained	1 (4 oz.) can chopped green chilies, drained
1 lb. ground beef	1 c. (4 oz.) shredded Monterey Jack cheese
1 (12 oz.) jar picante sauce	1 (2.8 oz.) can Durkee French fried onions
1/2 c. water	
1 (8 oz.) can tomato sauce	

Brown ground beef; drain. Combine picante sauce, water and tomato sauce. Stir 1/2 cup of sauce mixture into ground beef along with chilies, 1/2 cup cheese and 1/2 can of onions; mix well. Pour half of remaining sauce mixture on bottom of 8 x 12-inch baking dish. Stuff cooked shells with ground beef mixture. Arrange shells in baking dish, pour remaining sauce over shells. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions. Bake, uncovered 5 minutes longer.

Preparation time: 15 minutes.

Ellen Schwindaman
Clearwater Church of Christ

ENCHILADAS DE POLLO Y QUESO

(Chicken Enchilada Casserole)

1 c. chopped onion	3 Tbsp. butter or margarine
1/2 c. chopped green bell pepper	1/4 c. flour
2 Tbsp. butter or margarine	3/4 tsp. salt
2 c. chopped cooked turkey or chicken	2 1/2 c. chicken broth
1 (4 oz.) can green chili peppers, seeded, rinsed and chopped	1 c. sour cream
	1 1/2 c. shredded Monterey Jack cheese
	12 (6 inch) tortillas

In large saucepan cook onion and bell pepper in the 2 tablespoons butter until tender. Combine in bowl with chicken and the chili peppers; set aside.

In same saucepan, melt 3 tablespoons butter; blend flour and salt, then stir in chicken broth. Cook and stir until bubbly. Remove from heat and stir in sour cream. Add 1/2 cup of cheese. Now pour 1/2 cup of this sauce into the chicken. Fill each tortilla with about 1/4 cup of chicken mixture, roll up and place in a 13 x 9 x 2-inch pan. Pour

remaining sauce over the tortillas. Sprinkle with remaining cheese. Bake 20 to 25 minutes at 350°.

Mary Nowlan

CHICKEN ENCHILADAS

3 cans cream of chicken soup	8 oz. shredded Cheddar cheese
8 oz. sour cream	10 to 12 tortilla shells
small can green chilies	green onion to garnish

Mix soup and sour cream. Add half the cheese and can of green chilies. Mix well. Fill shells and roll them. Garnish with the other half of cheese and onion. Bake 20 minutes at 350° or microwave 8 minutes.

Grace VanGieson
Norwich Church of Christ

CHICKEN ENCHILADAS

1 small chicken	1 lb. Cheddar cheese, grated
1 small pkg. Doritos (chili flavor)	1 can cream of chicken soup
1 small can chopped chili peppers	1 can cream of mushroom soup
	1 can chicken broth
	1 small onion

Stew chicken with onion it it. Line baking dish with Doritos. Chop up chicken and onions and put in mixed soups, peppers and broth in mixing bowl. Add pimentos if desired, then pour in baking dish. Put Cheddar cheese on top. Cover with foil and bake 45 to 50 minutes at 300°.

Mary Nell White

GREEN CHILI AND CHICKEN ENCHILADAS

1 cooked chicken, boned and cut into small pieces	1 large can condensed milk
1/2 can green chiles, remove seeds	1 can cream of chicken soup
	4 to 8 slices American cheese
	12 corn tortillas

Combine condensed milk, chiles and can of chicken soup. Heat. Run tortillas through hot fat; put on paper towels to remove most of fat. Cover bottom of 9 x 12-inch casserole dish with tortillas. Place part of chicken over tortillas, then part of liquid mixture. Continue until all is used. Top with cheese. Bake at 350° until cheese is melted.

Helen Hamm

CAMP CHICKEN NOODLES

3 eggs	1 (4 to 5 lb.) chicken, cooked and boned
1 tsp. salt	bouillon cubes or canned
flour	broth if not rich enough
5 to 6 c. broth	

Beat eggs and salt with fork. Gradually add flour until a ball forms on fork. Turn out on floured surface. Knead a few times, then roll out thin. Keep rolling pin floured. When rolled thin, cover surface with thin coat of flour. Roll as for cinnamon rolls. Cut into 1/8 to 1/4 inch slices. Unroll and spread on cookie sheet or flat surface to dry. Can be used immediately but best if dried several hours or overnight. Slowly add to boiling broth. Cook 20 to 30 minutes, stirring often. Add chicken.

Esther Young

CHICKEN CASSEROLE

1 whole chicken	1 can cream of chicken soup
8 oz. pkg. sour cream	

Topping:

2 c. crushed Ritz crackers	1/2 c. oleo
1 Tbsp. poppy seed	

Cook and bone chicken. Mix sour cream and soup with chicken. Pour into a baking dish. Mix cracker crumbs and oleo. Pour over chicken and sprinkle poppy seed over all. Bake at 350° until it all bubbles.

Mildred Stroup

CHICKEN CASSEROLE

1 hen	1 c. chopped onion
2 c. rice	2 cans cream of mushroom soup
4 c. chicken broth	2 cans Cheddar cheese soup

White Sauce:

1/2 lb. margarine	1 qt. milk
3/4 c. flour	salt and pepper to taste

Boil hen; remove bones and cut up. Cook rice in broth until tender, then add the soups. Make the white sauce and

add to the chicken. Combine both mixtures and stir well. Pour into large baking dish. Sprinkle grated cheese on top. Cover with foil while baking. Cook at 325° to 350° for 25 to 30 minutes or until heated through. This casserole may be frozen and thawed and re-heated in microwave. Serves 18 to 20 people.

Maciel Knierim

CHICKEN CROQUETTES

3 Tbsp. butter (margarine)
 1/4 c. flour
 1/2 c. milk
 1/2 c. chicken broth
 1 Tbsp. parsley, snipped
 1 tsp. lemon juice
 1 Tbsp. grated onion
 1/4 tsp. salt (can be omitted)

1/4 tsp. pepper
 dash of paprika
 dash of nutmeg
 1 1/2 c. finely diced cooked chicken
 3/4 c. fine bread crumbs
 1 egg, beaten
 2 Tbsp. water

Melt butter; blend in flour. Add milk and chicken broth. Cook and stir until mixture thickens and bubbles. Cook and stir 1 minute. Add parsley, lemon juice, onion, (salt), pepper, paprika and nutmeg. Cool. Add cooked chicken. Chill thoroughly.

With wet hands, shape mixture into 8 to 12 balls. Roll in bread crumbs. Shape balls into cones. Dip into mixture of egg and water. Roll into crumbs again. Deep fat fry at 365° for 2 1/2 to 3 minutes or golden brown. Drain. Serves 4.

Linda Woodson
 Clearwater

CHICKEN BREASTS SUPREME

6 to 8 chicken breasts, boned
 1/2 slice bacon for each breast

1 pkg. dried beef
 1/2 pt. sour cream
 1 can cream of mushroom soup

Line casserole with dried beef. Lay breast wrapped with bacon on top of dried beef. Mix sour cream and soup together. Pour over breasts. Bake uncovered 3 hours at 275°.

Dortha Heyen
 Stafford, KS

CHICKEN AND HAM CASSEROLE

3 chicken breasts, halved	1/4 tsp. ground nutmeg
1 can condensed chicken broth (undiluted)	1 c. milk
1/4 c. margarine	3 slices baked ham (1/8 inch thick), halved
1/2 c. chopped onion	2 Tbsp. grated Parmesan cheese
1 c. sliced fresh mushrooms	2 Tbsp. chopped parsley
1/4 c. flour	

In a large skillet, bring broth to boiling. Add chicken; reduce heat. Simmer covered for 20 minutes or until tender. Remove chicken; reserve broth.

Meanwhile, melt butter. Saute onion and mushrooms 2 minutes. Remove from heat; stir in flour and nutmeg. Gradually stir in milk and 1 1/2 cups of reserved broth. Bring to boil; simmer 1 minute. Remove from heat.

Preheat oven to 400°. Remove skin from chicken. Arrange chicken in a shallow baking dish. Pour mushroom sauce over chicken. Arrange ham slices between chicken. Sprinkle Parmesan cheese over top. Bake uncovered 15 minutes or until cheese is browned. Garnish with chopped parsley. Makes 6 servings.

Diane Turvey

CHICKEN TETRAZZINI

1/2 c. chopped onion	1 can cream of mushroom soup
1/2 c. chopped green pepper	1 (8 oz.) box spaghetti, cooked (elbow spaghetti)
1 stick oleo	1/2 lb. American cheese, grated
1 small jar pimento, chopped	
3 (5 oz.) cans boned chicken	

Cook onion and pepper in oleo until soft. Add other ingredients and bake at 350° until bubbly.

Jerre Pepper

CHICKEN WIENER SCHNITZEL

4 or 5 chicken breasts, boneless and skinless	pepper
2 to 3 eggs	seasoned salt
2 to 4 Tbsp. flour	crackers
dash of salt	1 stick oleo
	vegetable shortening

Wash and dry chicken breasts on paper towels. Mix eggs, flour and seasoning (if desired) in bowl. Beat crackers

to make fine crumbs. Melt oleo and shortening together in skillet. Dip chicken in egg mixture, then coat with cracker crumbs and fry in butter and oil until chicken is browned evenly and done in center. (Kids like nuggets, you can cut chicken breasts into pieces and do the same as before.)

Rhonda Dodson

KING RANCH CASSEROLE

1 c. diced onion	1 lb. grated cheese
1 c. diced green pepper	2 c. diced turkey
1/2 lb. mushrooms	1 can hot tomato sauce
1/4 c. butter or oleo	1 clove garlic
1 can condensed cream of mushroom soup	2 Tbsp. chili powder
1 can cream of chicken soup	1 Tbsp. broth
	1 (8 oz.) pkg. tortillas

Saute onion, green pepper and mushrooms in butter. Add soup, tomato sauce, garlic, chili powder and broth. Layer tortillas, meat and cheese. Pour soup mixture over. Bake at 350° about 30 minutes.

Mrs. Robert Glascock

ITALIAN HERITAGE CASSEROLE

6 potatoes, peeled and quartered	1/2 tsp. garlic powder
1 red pepper, cut in lengthwise strips	1/2 tsp. salt
1 green pepper, cut in lengthwise strips	1/2 tsp. black pepper
1 tsp. oregano	1 (3 lb.) frying chicken, skinned and cut in chunks
1 tsp. paprika	1 lb. sweet or mild Italian sausage, cut in 1 to 2 inch chunks

Spray a 13 x 9 x 2-inch baking dish with vegetable cooking oil; arrange potatoes and peppers in bottom of the dish. Combine the seasonings; sprinkle a third of the seasoning mixture over vegetables. Layer chicken pieces and sausage over vegetables; sprinkle remaining seasoning mixture on top. Cover tightly with foil; bake at 425° for 30 minutes. Reduce oven temperature to 375° and bake 30 to 40 minutes more.

Eloise Jarrell
Kingman, KS

HAM LOAF

1 1/2 lb. ham, ground	1 c. milk
2 eggs	1 2/3 to 1 c. corn flakes, crushed
1/2 lb. fresh pork, ground	

Soak corn flakes in milk until soft; stir. Mix ham and pork together. Add eggs and corn flake mixture. Mix well. Form into loaf and put in pan.

Make paste of brown sugar and mustard. Spread over top of loaf. Lay pineapple rings on top. Bake at 350° for 1 hour. Serves 10.

Dortha Heyen
Stafford

HAM LOAF

1 1/2 lb. ground cured ham	1 c. cracker crumbs
3/4 lb. ground (extra lean) fresh pork	1 c. milk
2 eggs	salt and pepper

Have your butcher grind ham and pork together. Add other 4 ingredients and form into loaf. Bake at 300° for 1 1/2 to 2 hours.

Sauce:

1 c. brown sugar	1 tsp. dry mustard
1/2 c. water	1/2 c. vinegar

Make sauce for topping. Boil together for 5 minutes. Put on top of loaf and baste every 15 to 20 minutes.

Delicious! Great for holidays or parties.

Mitzi Slack

SAUSAGE CASSEROLE

1 lb. sausage	1 c. rice (uncooked)
1/2 tsp. salt	2 c. water
1 c. diced celery	1 can cream of mushroom soup
1 c. chopped onion	1 (2 oz.) jar pimentos
1 c. diced green pepper	1 small can mushrooms

Brown sausage until crumbly and slightly browned. Add remaining ingredients. Pour into 2 quart baking dish. Cover with foil and bake for 1 hour in 350° oven. Top with 6 to 8 slices of Velveeta cheese. Return to oven just long enough

for cheese to melt. I usually use my electric skillet for this casserole instead of baking it.

Mrs. Clifford Hansen
Penalosa, KS

SAUSAGE BREAD

1 loaf frozen bread dough	1/2 lb. grated cheese
1/2 lb. sausage	(Mozzarella or Cheddar or
1/2 c. onion, chopped	both)

Rub frozen dough with shortening and let thaw. Roll out into a 15 x 10-inch cookie sheet. Crumble and brown sausage and onion; drain. Spread over bread dough. Sprinkle with cheese. Roll from side to side like a jelly roll. Center it into pan. Bake at 350° for 15 to 20 minutes.

Gloria Melton

BROILED FISH FILLETS

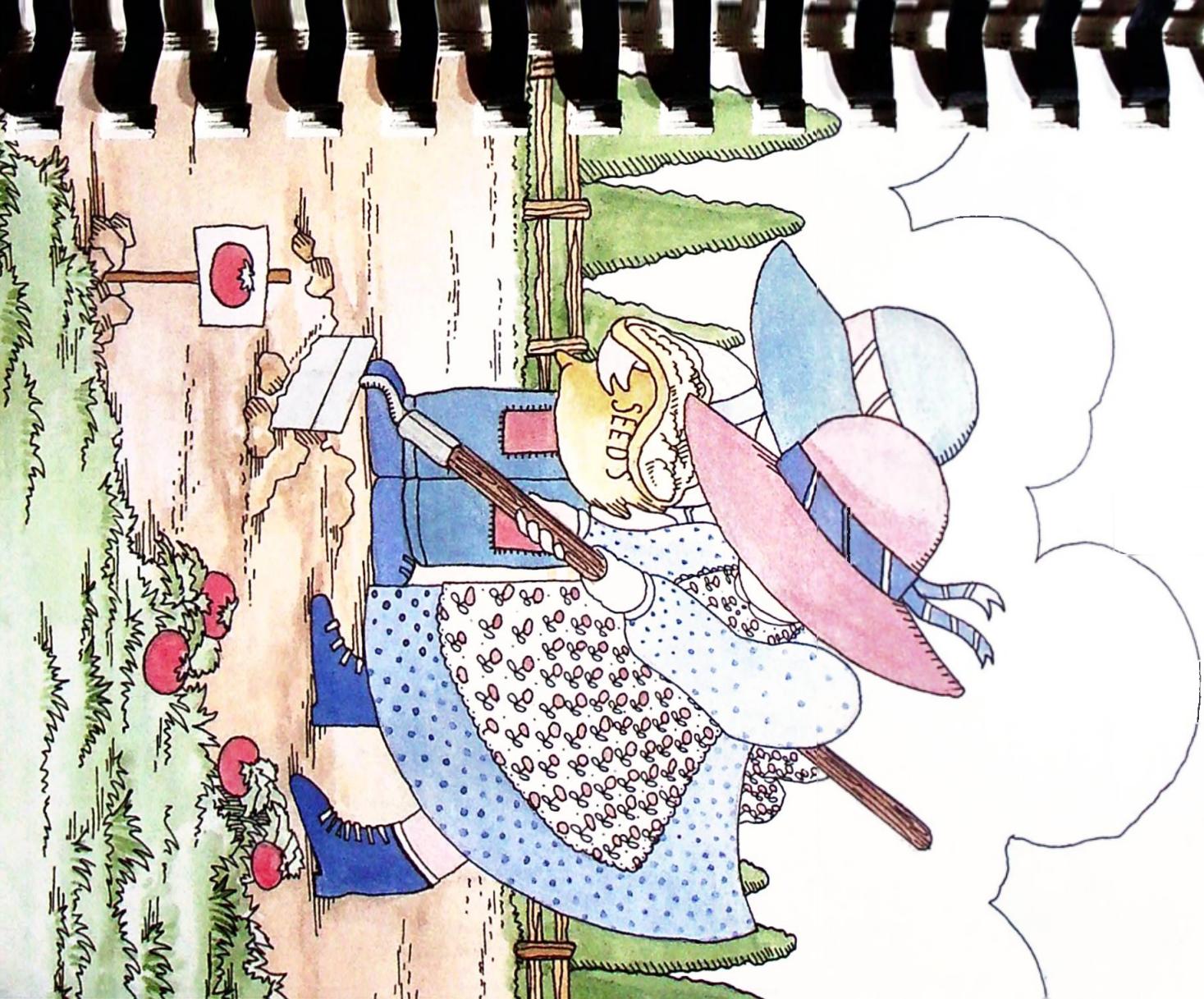
1/2 to 1 lb. mild fish fillets	1/4 c. Parmesan cheese
1/2 fresh lime	1 tsp. margarine
1 Tbsp. mayonnaise	2 Tbsp. minced onion
	2 to 3 drops Tabasco

About 2 hours before serving, squeeze lime over fillets; cover and refrigerate. Broil fish for 6 to 8 minutes or until fish flakes easily. Do not overcook!

Meanwhile, combine all other ingredients in a small bowl; mix well. Spread over fillets. Broil for additional 1 to 2 minutes until topping is lightly browned and bubbling.

Angela Glascock

Vegetables



How To Can Vegetables



POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures — widemouth or regular — that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the

special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

VEGETABLES

FOOD FOR THE SOUL

"Do not be anxious then, saying, "What shall we eat?" or "What shall we drink?" or "With what shall we clothe ourselves?" For all these things the Gentiles eagerly seek, for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness; and all these things shall be added to you."

Matthew 6:31 to 33

ASPARAGUS CASSEROLE

2 cans cut asparagus	crushed cornflakes for
4 boiled eggs, sliced	topping
white sauce (made with 1 stick oleo)	

Put layer of drained asparagus in a casserole dish. Add a layer of white sauce, then slices of egg. Repeat. Top with cornflakes. Bake at 350° for 30 minutes.

Donna Caywood
Clearwater

BROCCOLI ORIENTAL

20 oz. pkg. chopped frozen broccoli	1 lb. can chop suey vegetables
1/2 oz. slivered almonds, chopped (1 1/2 Tbsp.)	2 Tbsp. margarine
1 1/2 Tbsp. instant onion	1/4 tsp. instant garlic salt to taste

Cook broccoli in small amount of water along with onion and garlic until tender-crisp. Drain chop suey vegetables and rinse them well. Cut them up with scissors. Add them to broccoli along with all the other ingredients. Simmer until well heated. Serve seasoned to taste.

Betty-Rae Starks

BROCCOLI AND CHEESE CASSEROLE

2 pkg. frozen broccoli cooked
or 1 small bunch fresh
broccoli, cooked
1 c. chopped celery
1 c. chopped onion
1 stick margarine

1 can cream of mushroom soup
1 can cream of chicken soup
1 c. rice, cooked (equals 3
c., cooked)
1 (8 oz.) jar Cheez Whiz

Cook rice. Saute in 1 stick margarine the celery and onions. Combine remainder of the ingredients and bake in 2 1/2 quart casserole at 350° for 30 minutes to 1 hour.

Ellen Schwindaman
Clearwater Church of Christ

CHICKEN AND BROCCOLI POTATOES

4 medium baked potatoes
1 (10 oz.) pkg. chopped
broccoli
1 c. boneless, skinless
chicken breasts, cooked
and cubed
1 tsp. instant chicken
bouillon

1/2 tsp. instant minced onion
1/4 tsp. dry mustard
1/8 tsp. paprika
4 tsp. flour
3/4 c. skim milk
low-fat American cheese
slices, cut into strips

Bake potatoes; cut in half lengthwise. Thaw and drain broccoli. Add chicken. In small saucepan combine the dry ingredients. Slowly add milk using a wire whisk to eliminate lumps. Cook over medium heat until thick, combining with broccoli and chicken. Pile onto potatoes. Top with cheese. Heat until cheese melts.

Donna Caywood
Clearwater

MARINATED VEGETABLES

1 can green beans
1 small can green lima beans
1 small can sliced carrots
1 (2 1/2 oz.) jar mushrooms
1/2 can Shoe Peg corn

1/2 small jar pimento,
chopped
1/2 green pepper, chopped
3 stalks celery, chopped
1 small onion, chopped or
sliced

Sauce:

3/4 c. sugar
1 tsp. salt
1/4 c. cider vinegar
1/4 c. wine vinegar

1/4 tsp. paprika
1/4 tsp. mustard (dry)
1/2 tsp. celery seed

Stir sauce ingredients to dissolve sugar and pour over vegetables. Refrigerate and let marinate at least 24 hours.

Jerre Pepper

GREEN BEAN CASSEROLE

2 to 3 cans green beans	Velveeta cheese
1 can cream of mushroom soup	1 c. Durkee onion rings

Heat beans and drain. Add soup. Put in 10 x 7-inch Pyrex dish. Add Velveeta cheese, grated to taste. Heat in 350° oven until heated through. Remove and sprinkle onion rings on top. Return to oven. Bake only a few minutes until onion rings are browned.

Dortha Heyen
Stafford

GREEN BEAN-CORN CASSEROLE

1 (16 oz.) can French-style green beans, drained	1 (8 oz.) can sliced water chestnuts, drained
1 (16 oz.) can yellow corn, drained	1 can cream of celery soup
1 c. grated Cheddar cheese	1 stick margarine
1/2 c. chopped onions	35 to 40 Hi Ho crackers, crushed
16 oz. sour cream	

Spray 9 x 13-inch baking dish with Pam coating. Spread green beans over bottom; distribute corn evenly over green beans. Combine cheese, onion, sour cream, water chestnuts and celery soup in medium bowl. Spread over vegetables. Place very soft margarine in bowl and stir in crackers. Spread on top of cheese mixture. Bake in 400° oven for 40 minutes.

Karuth McDaniel

GREEN BEANS AND WHITE CORN CASSEROLE

1 (16 oz.) can French-style green beans	1 can celery soup
2 cans white corn	8 oz. carton sour cream
1 can chopped water chestnuts	1 c. grated Cheddar cheese
1/2 c. chopped onion	1 pkg. Ritz crackers, crumbled

Drain your green beans, white corn and water chestnuts. Place these along with your chopped onion in a 9 x 13-inch baking dish. Mix celery soup and sour cream. Pour over

vegetables. Top with cup of grated Cheddar cheese. Sprinkle with Ritz cracker crumbs. Bake 40 minutes in a 350° oven.

Kathy Armstrong

HOMINY CORN CASSEROLE

1 large (1 lb.) can hominy	8 slices bacon, fried
1 large can Shoe Peg corn	4 Tbsp. oleo
1 large onion	4 Tbsp. flour
1 (4 oz.) can green chilies	1 1/2 c. to 1 c. milk
3 Tbsp. oleo	1 1/2 c. cubed Velveeta

Drain the hominy and corn. Saute onion and green chilies in 3 tablespoons oleo. Stir and cook the 4 tablespoons oleo, flour and milk until thick. Add cubed Velveeta; stir until melted. Put corn, hominy, onion, chilies and crumbled fried bacon in greased casserole dish. Pour cheese sauce over and bake 40 minutes at 350°.

Julie (Petersen) Turner

EASY EGGPLANT

1 medium eggplant, peeled and cubed	1 Tbsp. olive oil
1 medium green pepper, chopped	1 clove garlic
1 medium onion, chopped	1 Tbsp. sugar (optional)
1 1/2 c. tomatoes	1/2 tsp. salt

Saute pepper and onion in olive oil about 5 minutes, stirring to keep from burning. Add tomatoes, eggplant, salt, pepper and garlic. Simmer until eggplant is tender but crisp. Add sugar if desired.

Alma Birchenough

DILLED CREAM PEAS

3/4 c. water	2 Tbsp. sliced green onion with tops
1 c. sliced carrots	1/2 tsp. salt
1/3 c. margarine	1/2 tsp. dried dill weed or 1 tsp. fresh dill sprigs
1 Tbsp. cornstarch	1/8 tsp. pepper (white preferred)
1 c. half and half	
1 1/2 c. fresh peas or 1 (10 oz.) pkg. frozen peas, thawed and drained	

In a 2 quart saucepan bring water to boil; add carrots. Cover; cook over medium heat 10 minutes. Drain; set aside.

In same pan melt butter. Stir in cornstarch until smooth. Stir in carrots, half and half, peas, green onion, salt and pepper. Cook over medium heat, stirring constantly, until mixture comes to a boil and thickens. Continue cooking 2 more minutes. Makes four to five servings.

Eleanor Petersen

STUFFED PEPPERS

1/2 lb. American cheese, grated	1 small onion
1/2 lb. cooked hamburger meat	1 egg
1/2 c. cooked rice	4 green peppers (medium size)
salt to taste	1 c. bread crumbs

Cook hamburger meat with onions. Mix cheese and rice with 1 egg. Add to cooked hamburger mixture, then cut stem ends and seeds from peppers and parboil peppers and caps for 2 minutes in salt water. Stuff peppers with meat mixture. Replace pepper caps and add bread crumbs on top of peppers. Bake 30 minutes at 325°.

Mary Nell White

DUTCH SCALLOPED POTATOES

2 c. milk	2 cloves, minced (optional)
4 c. potatoes, peeled and sliced 1/4 inch thick	1/2 tsp. salt
1/4 tsp. oregano	1/2 tsp. pepper
1/4 tsp thyme	1 c. Gouda cheese, shredded*
1/4 tsp. rosemary	1 c. light cream or half and half

*American Cheddar cheese can be substituted, but I recommend Gouda for a distinct, different flavor.

Heat milk in large saucepan; add potatoes and seasoning. Cook about 20 minutes, stirring often. Layer in greased baking dish with shredded cheese. Pour cream over all. Bake at 350° for 30 minutes or until potatoes are tender. Yields 4 to 6 servings.

Eleanor Petersen

MASHED POTATO CASSEROLE

8 to 10 potatoes	salt
1 (8 oz.) cream cheese	pepper
1 (8 oz.) carton sour cream	seasoning salt
grated cheese	milk

Boil potatoes until tender. Mash, adding milk, salt and pepper. Add sour cream and cream cheese. Mix until smooth. Put in greased baking dish (9 x 13-inches). Top with seasoning salt and grated cheese. Bake at 350° until middle is bubbly and cheese melts (30 to 35 minutes).

Marilyn Williams

POTATO CASSEROLE

2 lb. pkg. frozen hash browns	2 c. sour cream
1 can cream of chicken soup	1 1/2 c. grated cheese
3/4 can milk	1 c. chopped onion
1 stick melted oleo	1/2 pkg. Pepperidge Farm
salt and pepper	stuffing mix

Mix and sprinkle cheese over top of mixture. Pour stuffing mix over that. Bake covered at 350° for 1 hour.

Diana McDaniel

CHEESE POTATOES

potatoes	milk
1 stick oleo	salt and pepper
about 1 lb. Velveeta cheese	

Peel and cut potatoes for French fries. Makes layers of oleo, cheese and seasoning over half a pan of potatoes. Repeat a second layer. Pour some milk over top. Bake at 350° for 1 to 1 1/2 hours in a buttered 9 x 13-inch covered pan.

Can be adapted to any size or cooked in microwave.

Marilyn Van Gieson

BAKED SQUASH

(Delicious)

2 c. squash, cooked, drained and mashed	1 tsp. salt
1/2 c. grated Cheddar cheese	2 Tbsp. milk
1/2 c. cracker crumbs	2 Tbsp. butter
2 eggs, beaten until light and fluffy	dash of pepper

1 Tbsp. sugar
1 Tbsp. grated onion

Mix all ingredients together well and bake at 400° for 15 minutes.

Diana McDaniel

FRIED HERB TOMATOES

1 large tomato, cut into 1/4 inch slices	1 egg, beaten
1 1/2 c. crushed herb seasoned stuffing mix	2 Tbsp. oil
	2 Tbsp. shredded Cheddar cheese

Coat tomato slices with stuffing mix; dip in egg. Then coat again with stuffing mix.

Heat oil in heavy skillet. Add tomato slices; cook until brown, turning once. Immediately transfer to serving dish and sprinkle with cheese. Makes 2 servings.

Sandy Brock
Camp Cook '88 and '89
for senior session

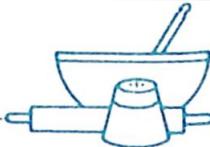
<<< Extra Recipes >>>

<<< Extra Recipes >>>

Breads, Rolls & Pastries.



Baking Tips



COMMON PROBLEMS (Common Failures)

Biscuits

- Rough biscuits
- Dry biscuits
- Uneven browning

Breads (yeast)

- Porous bread
- Crust is dark and blisters just under the crust
- Bread does not rise
- Bread is streaked
- Bread bakes unevenly

Cakes

- Cracks and uneven surface

- Dry cakes

- Heavy cakes

- Sticky crust

- Coarse grained cake

- Fallen cakes

- Uneven color

- Uneven browning

Cookies

- Uneven browning

- Soggy Cookies

- Excessive spreading of cookies

Muffins

- Coarse texture

- Tunnels in muffins, peaks in center and soggy texture

Pies

- Pastry crumbles

- Pastry tough

- Pies do not brown (fruit or custard)

CAUSES OF PROBLEMS (Causes of Failures)

Insufficient mixing

Baking in too slow an oven and handling too much Cooking in dark surface pan, too high a temperature and rolling the dough too thin

Over-rising or cooking at too low a temperature

Under-rising

Over-kneading or using old yeast Under-kneading and not kneading evenly Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

Too much flour, too hot an oven and sometimes from cold oven start

Too much flour, too little shortening too much baking powder or cooking at too low a temperature

Too much sugar or baking too short a period

Too much sugar

Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature

Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder

Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans

Not mixing well

Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven

Cooling cookies in pans instead of racks

Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

Insufficient stirring and cooking at too low a temperature

Over-mixing

Over-mixing flour and shortening

Using too much water and over-mixing the dough

Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

BREADS, ROLLS & PASTRIES

FOOD FOR THE SOUL

But He answered and said, "It is written, Man shall not live on bread alone, but on every word that proceeds out of the mouth of God."

Matthew 4:4

CRACKED WHEAT BREAD

1 c. raw wheat	3 eggs
2 pkg. dry yeast	1/2 c. honey
9 to 10 c. flour (5 c. of it whole wheat)	2 Tbsp. salt
	1/2 c. butter or margarine

Soak raw wheat in 2 cups warm water overnight. Next day put soaked wheat and water into blender. Blend until smooth. In large bowl dissolve yeast in 2 cups warm water. Add the eggs, honey, salt, butter and 2 cups whole wheat flour. Mix well with electric mixer. Add cracked wheat and water and 2 cups more whole wheat flour. Add another cup whole wheat flour and mix well. Continue mixing by hand, using white flour from here on until dough can be kneaded without too much sticking. Knead.

Let rise until double in size in greased bowl. Punch down. Let rest about ten minutes. Shape into four loaves. Let rise until double. Bake at 350° until golden brown. Grease 4 loaf bread pans well and when bread is baked use butter or margarine to oil top of bread.

This bread is delicious toasted. Freezes well.

Bonnie Couch

HOMEMADE BREAD

1/2 c. oleo	1/2 c. lukewarm water
1 c. sugar	4 whole eggs
2 c. boiling water	1/4 tsp. salt
1 pkg. yeast	9 1/2 or 10 c. flour
1 tsp. sugar	

Place sugar and oleo in a large mixing bowl and cover with water. Cool the mixture to lukewarm. Dissolve yeast and sugar in warm water. Add to first mixture when yeast has

raised to top of cup. Add eggs and salt to mixture. Add flour gradually, beating until dough is just stiff enough to handle.

Cover dough and place on countertop until it doubles in bulk. Work down then and make into 4 loaves. Put into greased loaf pans and let rise at room temperature 2 1/2 to 3 hours. Bake for 10 minutes at 425° and then reduce heat to 350° and continue baking for 30 minutes. Brush with oleo 3 times during baking. Cool in pans a few minutes before turning out. Bread will freeze nicely.

Darlene Lancaster

4 LOAVES FRENCH BREAD

1/4 c. sugar
1 1/2 Tbsp. salt
1/4 c. shortening
4 c. boiling water

4 cakes or Tbsp. yeast
1 c. warm water
1 1/2 Tbsp. sugar
12 c. flour

Topping:

1 egg yolk
2 Tbsp. water

1 Tbsp. dry milk

Add sugar, salt and shortening to boiling water and cool to lukewarm. Dissolve yeast in large bowl with 1 cup warm water and the sugar. Work in the 12 cups flour after combining the liquids. Work down with spoon every 10 minutes (4 or 5 times). Divide into 4 balls. Let rest 10 minutes. Roll out to less than 1/2 inch thickness. Roll as for jelly roll. Place on 2 greased cookie sheets or jelly roll pans; well apart. Let rise until double in bulk. Slash with sharp knife 3 or 4 cuts on each loaf. Brush with milk and egg yolk. Bake 25 minutes at 400°. Serve hot with plenty of butter. Freezes well.

Helen Hamm
and Carol Fornwalt

QUICK MONKEY BREAD

1/2 c. chopped pecans
1/2 c. sugar
1 tsp. cinnamon
1/2 c. butter or oleo, melted

3 (10 oz.) cans refrigerated
buttermilk biscuits
1 c. firmly packed brown
sugar

Sprinkle pecans in bottom of a well-greased Bundt pan. Combine sugar and cinnamon. Cut biscuits into quarters, roll each piece in sugar mixture and layer in pan. Combine brown sugar and butter; pour over dough. Bake at 350° for 40 minutes. Cool bread 10 minutes in pan. Invert on serving platter.

Nancy Proctor
Norwick, KS

BEST APPLE BREAD

2 c. flour	1 egg
1 tsp. baking powder	1/3 c. orange juice
1/2 tsp. baking soda	3/4 c. raisins
1/2 tsp. salt	1 c. nuts, chopped
1/3 c. shortening	1 c. chopped apples
1 c. sugar	

Sift flour, baking powder, soda and salt together. Cream shortening, sugar and egg. Add dry ingredients and orange juice alternately; blend well. Bake at 350° for 45 minutes in greased loaf pan.

Nancy Proctor
Norwick, KS

BANANA NUT BREAD

1/2 c. Crisco	1/2 c. nuts
1 c. sugar	1 tsp. soda
2 eggs	1/2 tsp. salt
1 c. mashed bananas	2 c. flour

Cream sugar and Crisco. Sift dry ingredients. Add eggs. Alternate flour and bananas to mixture, then nuts. Bake in lined loaf pan at 325° until straw inserted in top comes out clean.

Elizabeth Obrecht

CHOCOLATE CHIP BANANA BREAD

1/2 c. margarine	1 tsp. baking soda
1 c. granulated sugar	1/4 c. chopped nuts
2 eggs, beaten	1/4 c. chocolate chips
3 bananas (the riper the better)	1 (10 oz.) jar maraschino cherries and the juice (I cut them in half)
2 c. sifted flour	

Grease and flour 2 bread pans and preheat oven to 350°.

Cream sugar and butter together well and beat in eggs. Mash bananas and beat them into sugar mixture. Sift flour and baking soda into mixture and stir in. Lastly stir in the nuts, chocolate chips and cherries with the juice. Divide batter between pans and bake 20 minutes at 350°, then reduce heat to 300° for 30 minutes longer. Test for doneness and remove from pans after about 12 minutes of cooling.

Julie (Petersen) Turner
Norwick, KS

CRANBERRY CHEESE BREAD

1 1/2 c. cranberries, cut in half
1 1/4 c. sugar
2 c. flour
1 Tbsp. baking powder
1/2 tsp. salt
1/2 c. chopped walnuts

2 tsp. grated orange peel
1 1/2 c. finely shredded sharp Cheddar cheese
1 egg, slightly beaten
1 c. milk
1/4 c. butter, melted and cooled

Mix cranberries and 1/2 cup sugar together until well blended. Blend flour, 3/4 cup sugar, baking powder and salt together in large bowl; mix in sugared cranberries, nuts, orange peel and cheese. Beat egg, milk and butter together. Add to mixture in bowl; stir just until dry ingredients are moistened. Do not overmix. Turn batter into a buttered bottom only 9 1/2 x 5 1/4 x 2 3/4-inch loaf pan and spread evenly. Bake at 350° for about 1 hour or until a toothpick comes out clean. Remove from pan to cooling rack and cool completely before slicing. To store, wrap and refrigerate (can use 2 smaller pans).

Kimberly Allen
Clearwater

BATTER OAT BRAN BREAD

2 pkg. dry yeast
2 3/4 c. warm water
4 1/2 c. flour
2 c. oat bran

3 Tbsp. sugar
3 tsp. salt (optional)
2 Tbsp. soft shortening

Dissolve yeast in water. Add 3 1/4 cups flour, sugar, salt and shortening. Blend at low speed with electric mixer, then beat 2 minutes at medium speed. Mix in remaining flour and oat bran by hand. Cover and let rise until doubled, about

45 minutes. Stir batter, beating hard 1/2 minute. Spread in 2 greased loaf pans. (Batter will be sticky.) Let rise 20 minutes or until doubled. Bake at 325° for 40 to 50 minutes. Will be a heavier and flatter loaf.

Carolyn Dickson

STRAWBERRY BREAD

3 c. plus 2 Tbsp. flour	1 1/4 c. salad oil
1 tsp. salt	10 oz. box frozen
1 tsp. soda	strawberries
3 eggs	1/2 c. chopped nuts
1 Tbsp. cinnamon	1 tsp. red food coloring
2 c. sugar	

Thaw strawberries. Do not drain. Combine flour, salt, soda and cinnamon in large bowl. Make a well in the center; add eggs and oil, stirring only until dry ingredients are moistened. Stir in strawberries and nuts. Blend in food coloring. Lightly grease sides of two loaf pans. Cut wax paper to fit bottoms. Divide batter between the two pans and bake at 350° for 55 to 60 minutes. Store in plastic bag and cure bread overnight.

Maciel Knierim

WHEAT GERM-ZUCCHINI BREAD

2 1/2 c. sifted flour	1 c. cooking oil
2 tsp. baking soda	1 tsp. maple flavoring
1/2 tsp. baking powder	2 c. shredded zucchini
2 tsp. salt	1 c. chopped walnuts
3 eggs	1/2 c. wheat germ
1 c. sugar	1/2 c. sesame seed
1 c. brown sugar, packed	

Sift together flour, baking soda, baking powder and salt; set aside. Combine oil, eggs, squash and water in bowl; blend well. Add squash mixture all at once to dry ingredients, stirring just enough to moisten. Pour batter into 2 greased 9 x 5 x 3-inch loaf pans lined with waxed paper. Bake in 350° oven 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Cool completely. Makes 2 loaves.

Darlene McMillion

ZUCCHINI BREAD

2 c. grated zucchini	2 tsp. baking powder
3 eggs	1 tsp. cinnamon
2 c. sugar	3 c. flour
1 c. oil	1/2 c. nuts, chopped
1 tsp. salt	1/2 c. raisins or dates
1 tsp. baking soda	

Preheat oven to 350°. Beat the eggs until light and fluffy. Add the sugar and oil. Beat well and stir in the zucchini. Combine the dry ingredients with the raisins and nuts. Gently stir into the squash mixture. Pour into 2 greased 9 x 4-inch loaf pans. Bake at 350° for 1 hour or until done. Let cool 10 minutes before removing from the pans.

Janet Van Gieson
Norwich

ALL-BRAN ROLLS

1 (1 Tbsp.) pkg. yeast	1/2 stick margarine or butter
1/2 c. warm water	1/4 c. sugar or honey
1 c. milk	3/4 c. all-bran
1 tsp. salt	flour

Dissolve yeast in warm water. Bring to a boil milk, salt, margarine and sugar. Add all-bran while hot. Cool to lukewarm. Add one cup of flour; mix thoroughly. Add yeast mixture. Add flour to make stiff dough. Knead on well floured board. Let rise in warm place until doubled. Make into rolls or buns; let rise until double again. Bake in moderate oven (350°) about 15 minutes.

Mrs. Irl Hamm

BUTTERMILK CRESCENT ROLLS

3 1/4 c. flour (about)	1/2 c. buttermilk
2 Tbsp. sugar	1/2 c. water
1 tsp. salt	1/4 c. oleo
1/8 tsp. baking soda	melted oleo
1 pkg. yeast	

Combine 1 cup flour, sugar, salt, soda and yeast. Heat buttermilk, water and oleo to warm. Add to dry ingredients; beat 2 minutes at medium speed. Add 1/2 cup flour. Beat at high speed 2 minutes. Stir in more flour to make a soft

dough. On floured board, knead 8 to 10 minutes, then cover and let rise until doubled, about 1 hour. Punch down. Divide into 2 equal parts. Roll each part into a 12-inch circle. Brush with melted oleo. Cut each into 12 pie shaped pieces. Roll and seal points firmly. Curve into crescents on greased baking sheet. Cover; let rise 1 hour. Bake at 375° for 10 to 15 minutes.

I have been a cook at Silver Maple Camp 3rd Session for 2 years. Lois Bonham helped me in 1988 and Jerrine Bonham in 1989. I have also cooked those same two years for the Preachers Retreat, with Marcia Harper in '88 and Deveny Coryell in '89. I went to S.M.C. as a youngster and I am proud to be a part of the S.M.C. as an adult. I love Silver Maple Camp.

LeAnn Hodson

CHIFFON ROLLS

1 c. milk, scalded	1/2 c. Crisco
1 cake or pkg. yeast in 1/2 c. warm water	3 eggs, beaten well
1/2 c. sugar	4 1/2 c. flour
	1 tsp. salt

Beat eggs; put sugar, Crisco and hot milk together; add yeast that has been in the 1/2 cup of warm water and the salt. Sift in the flour. Let rise once. Put in refrigerator overnight. The next morning shape into rolls. Let rise. Bake at 425°. (Put in muffin tins if you wish to use the same day as mixed.)

Millie Whitlow
Clearwater

EASY ROLLS

1 box yellow cake mix	5 c. flour
2 pkg. dry yeast	2 1/2 c. warm water

Dissolve yeast in warm water. Measure out flour and mix with cake mix. Add dry ingredients (flour and cake mix) to yeast and water. Stir well and knead (dough will be soft). Let rise and make into plain or cinnamon rolls. Makes 3 dozen. Bake 20 minutes at 350°. M-m-m-good.

NeidaVonne Zeek
Hutchinson, KS

FLY OFF THE PLATE ROLL

2 pkg. dry yeast
1/2 c. warm water
2 c. hot water
1/2 c. sugar

3 Tbsp. butter (do not substitute)
3 tsp. salt
6 to 6 1/2 c. flour

Dissolve yeast in warm water. Heat 2 cups water and pour over sugar and butter; add 2 cups flour, beating as hard as possible after each addition and when mixture is warm, not hot, add balance of flour to which you have added salt. Knead well and place in greased bowl. Let rise until double in bowl. Shape into rolls and buns. Let rise again until double, then bake at 375° for 18 to 20 minutes.

Pearl Millard

HOT ROLLS

2 eggs, beaten
1 pkg. yeast
1 c. warm water
1/2 c. Wesson oil

1/2 c. sugar
1 1/2 tsp. salt
4 c. unsifted flour

Mix dissolved yeast and 1/4 cup warm water, then add sugar, eggs and remaining warm water. Add oil, salt and flour. Let stand overnight or about 8 hours. Divide dough in three parts. Roll out each piece as if you were making pie crust. Cut into eight pieces of pie. Start from the top (wide part) and roll to the end (like a crescent roll). Place on greased cookie sheets and let rise 4 to 6 hours. Bake 10 to 12 minutes at 350°.

Ruth Barber

ROLL-UP ROLLS

2 c. warm water
1/2 c. sugar
1 1/2 tsp. salt
2 pkg. dry yeast
1 egg

1/4 c. liquid shortening (oil)
6 1/2 c. flour (more if needed)

Mix water, salt, sugar and yeast together until dissolved. Add egg and shortening (oil). Mix flour with spoon or dough hook on mixer. Do not knead. Divide dough into 4 balls. Roll out in circle, brush with melted margarine, cut into pie shaped pieces and roll up. Bake in 375° oven for

approximately 12 minutes. The dough can be mixed and placed in refrigerator up to 4 days. You may also shape the dough and refrigerate. Take out for 2 hours and bake. The same dough can be used for sweet rolls.

Hint: Wedges could be spread with jam or cinnamon-sugar and butter mixture before rolling up.

Mary Millard

SILVER MAPLE CAMP DINNER ROLLS

10 Tbsp. yeast or 8 pkg.
9 c. warm water
1 1/2 c. melted shortening
3 Tbsp. salt

1 1/2 c. sugar
24 1/2 c. flour (plus)
melted oleo

Combine yeast and water. Next add salt and sugar; stir well. Add melted shortening and stir until everything is dissolved. Slowly add flour until it becomes a soft ball of dough. Knead on floured board for about 10 minutes. Divide dough in half and place in greased bowls. Let rise until double, about 1 hour. Punch down and pinch off into roll pieces. Place on greased baking sheet. Let rise again. Bake at 400° for 15 to 20 minutes. Brush tops with melted oleo after removing from oven. Makes 160 rolls. The rolls freeze well or you may wish to cut the recipe in half.

LeAnn Hodson

FRENCH TOAST CASSEROLE (Great for Company Breakfast)

1 loaf thick-cut bread (such
as that for "Texas Toast")
8 large eggs or Egg Beaters
2 c. milk
4 tsp. sugar

1/2 tsp. salt (optional)
1 Tbsp. vanilla
2 Tbsp. butter or margarine,
melted
syrup or honey

Generously butter a 13 x 9-inch baking dish. (I use a jelly roll pan 12 x 18-inches; holds 12 slices). Beat eggs, milk, sugar, salt and vanilla in large bowl until well mixed. Dip bread in egg mixture until well coated and arrange in pan. Cover with Saran Wrap or foil and refrigerate overnight.

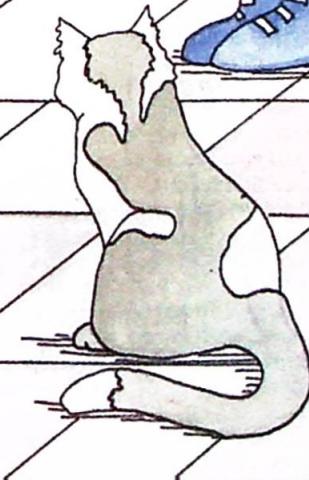
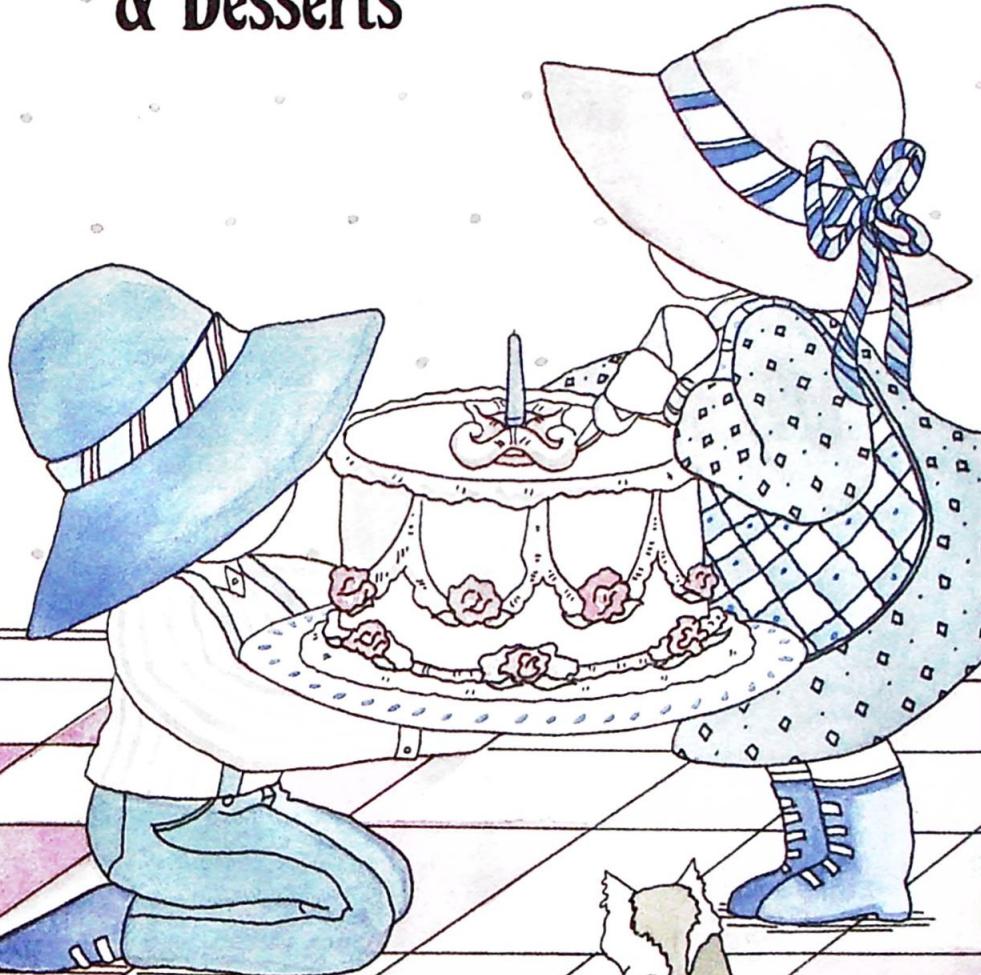
Remove casserole from refrigerator and uncover. It is not necessary to bring casserole to room temperature. Pour melted butter over top. Sprinkle lightly with sugar and

cinnamon. Bake uncovered at 350° for 45 to 50 minutes, until bread is puffy and lightly browned. Serve with syrup, honey, etc.

Pat Allen
Clearwater Church

<<< Extra Recipes >>>

Cakes Cookies & Desserts



Candy Testing



Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248	Firm ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water
Taffy	250-266	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

Substitutions

1 c. whole milk

½ c. evaporated milk and ½ c. water
 ½ c. condensed milk and ½ c. water
 (reduce sugar in recipe) 4 T. powdered milk and 1 c. water • 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water

1 c. sour milk

1 c. sweet milk and 1 T. lemon juice or vinegar • 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar

1 c. sweet milk

1 c. sour milk or buttermilk plus ½ t. baking soda

1 c. sour, heavy cream (for sour milk recipe)

½ c. butter and ½ c. milk

1 c. sour, thin cream (for sour milk recipe)

3 T. butter and ¾ c. milk

1 c. butter or margarine (for shortening)

4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. 2/3 c. chicken fat (clarified), increase liquid in recipe ¼ c. • 7/8 c. cottonseed, corn, nut oil (solid or liquid) • 7/8 c. lard and salt • ½ c. suet and salt (increase liquid in recipe ¼ c.)

1 1-oz. square unsweetened chocolate

3 T. cocoa plus ½ T. shortening

1 T. cornstarch (for thickening)

2 T. flour (approx.)

1 T. flour (for thickening)

½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

1 c. sifted cake flour

1 c. minus 2 T. sifted all-purpose flour

1 c. sifted all-purpose flour

1 c. plus 2 T. sifted cake flour

1 whole egg

2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)

1 c. molasses • 1 c. honey

1 c. honey

¾ c. sugar plus ¼ c. liquid

1 c. granulated sugar

1 ½ c. brown sugar or 1 ½ c. powdered sugar

1 t. baking powder

¼ t. baking soda plus ½ t. cream of tartar

1 lb. cornmeal • 3 cups

1 lb. cornstarch • 3 cups

1 lemon rind • 1 Tbsp. grated

3-4 med. oranges • 1 cup

1 orange rind • 2 Tbsp. grated

23 soda crackers • 1 cup crumbs

15 graham crackers • 1 cup crumbs

CAKES, COOKIES & DESSERTS

FOOD FOR THE SOUL

The fear of the Lord is clean, enduring forever; The judgements of the Lord are true; they are righteous altogether. They are more desirable than gold, yes, than much fine gold; Sweeter also than honey and the drippings of the honeycomb.

Psalms 19: 9 and 10

CHOCOLATE CUPCAKES

3 c. flour	2 tsp. vinegar
2 c. sugar	2/3 c. oil
2 tsp. soda	2 c. water
6 Tbsp. cocoa	1 tsp. salt
2 tsp. vanilla	

Mix with electric beater. Fill cupcake liners 1/2 full. Put 1 heaping teaspoon filling on top. Bake for 30 minutes at 350°.

Filling:

8 oz. cream cheese	1 egg
1/2 c. sugar	

Mix together and add 12 ounces chocolate chips.

Mitzi Slack

QUICK CHOCOLATE SHEET CAKE

2 c. flour	1 c. water
2 c. sugar	3 Tbsp. cocoa
1/2 tsp. salt	2 eggs
1 tsp. cinnamon	1 tsp. soda
1 stick oleo	1/2 c. buttermilk
1/2 c. shortening	1 tsp. vanilla

Mix flour, sugar, salt and cinnamon. In a saucepan put oleo, shortening, water and cocoa and bring to boil. Then add to flour mixture; mix well. In a bowl combine eggs, soda, buttermilk and vanilla. Mix well; add to mixture. Pour into large sheet pan or cookie sheet pan (greased and floured) at least 15 1/2 x 10 1/2-inches. Bake 20 minutes at 350°. Five

minutes before cake is done, make icing. When cake is done pour icing on hot cake and let cool together.

Icing:

1 stick oleo
3 Tbsp. cocoa
6 Tbsp. milk

1 box powdered sugar
1/2 c. pecans
1 tsp. vanilla

In a saucepan melt oleo, cocoa and milk, then add powdered sugar, pecans and vanilla.

Mary Nell White

MOIST PINEAPPLE CAKE

2 c. flour
1 1/2 c. sugar
2 tsp. soda
1/2 tsp. salt

2 tsp. vanilla
2 eggs
1 (No. 2) can crushed
pineapple and juice

Mix all at once. Beat until smooth. Bake in greased and floured oblong pan at 350° for 25 to 30 minutes.

Icing:

1 c. sugar
1 small can Pet milk

1 stick oleo
1 c. coconut

Cook sugar, Pet milk and oleo 2 minutes or until thick. When cake is done sprinkle coconut over top. Pour icing over that while cake is hot.

Sallie Smith

7-UP CAKE

3 c. sugar
2 sticks oleo
1/2 c. Crisco
5 well-beaten eggs

1 Tbsp. lemon extract
3 c. sifted flour
1 (7 oz) 7-Up

Cream sugar and fats well. Add eggs and lemon extract. Add flour, 1 cup at a time. Fold in 7-Up. Pour into greased and floured Bundt pan. Cook at 325° for 1 1/2 hours. Do not open oven door.

Elizabeth Obrecht

DUMP CAKE

1 pkg. yellow cake mix (I use Mrs. Wrights)	1 can crushed pineapple
2 cans pie cherries	1 stick oleo
	1/4 c. nuts

Grease 9 x 13-inch cake pan. Add pineapple; spread on bottom. Add cherries over pineapple. Spread cake mix (dry) over fruit. Cut up in thin slices oleo over top of cake mix. Add nuts. Spread over top. Bake in oven at 350° for 45 minutes or until brown and bubbly on top. May be served with Dream Whip.

Julia Missner

COCONUT POUND CAKE

1 c. Crisco	1 tsp. salt
2 c. sugar	1 c. buttermilk
5 eggs	1 can Angel Flake coconut
2 c. flour	1 tsp. coconut flavoring
1 1/2 tsp. baking powder	

Glaze:

1 c. sugar	1 tsp. coconut flavoring
1/2 c. water	

Cream thoroughly Crisco and sugar. Add eggs, one at a time, beating well. Sift dry ingredients together and add alternately with buttermilk. Fold in coconut; add flavoring. Bake at 350° one hour in greased, floured Bundt pan. While still hot pour glaze over cake.

Glaze: Boil together one minute sugar and water; add flavoring. Pour over hot cake. Cool and remove from pan.

Mrs. Robert Glascock

KANSAS DIRT CAKE

1 (16 oz.) pkg. Oreo cookies	1 tsp. vanilla flavoring
1 stick butter	8 oz. cream cheese
2 small pkg. instant vanilla pudding	1 c. powdered sugar
	8 oz. Cool Whip

Crush Oreo cookies. (I use a blender, doing a few cookies at a time.) Layer about 1/2 of these in the bottom of a 9 x 13-inch pan.

Melt butter, then mix that with cream cheese until

smooth. Set aside. Mix the Cool Whip with the powdered sugar. Prepare instant pudding using only 3 cups milk plus 1 teaspoon vanilla for both packages total. Now in one large bowl mix all these mixtures and pour over the crushed cookies. Cover with the rest of the crushed cookies and chill at least one hour. This is cute decorated with gummy worms!

Mary Nowlan

CINNAMON SUPPER CAKE

3/4 c. sugar
1/2 c. shortening
1 egg
1 tsp. vanilla
1/2 c. milk
1 c. flour

1 1/2 tsp. baking powder
1/4 tsp. salt
1 Tbsp. soft butter
3 Tbsp. powdered sugar
1 tsp. cinnamon

Gradually add sugar to shortening; cream until fluffy. Add egg; beat well. Add vanilla and milk. Sift flour, baking powder and salt together. Gradually add flour and beat until smooth. Bake in a greased 9-inch pan at 375° for 20 to 25 minutes. Remove from oven and spread with butter, then sift powdered sugar mixed with cinnamon over cake. Serve warm. Makes 6 to 8 servings.

Carol Clark
Salina

OLD FASHIONED CHOCOLATE CAKE

1 c. lard
2 c. granulated sugar
4 heaping Tbsp. cocoa
3 large eggs
1 tsp. salt
2 tsp. vanilla

1 tsp. red food coloring
(optional)
3 c. flour
1 c. butter or sour milk
2 tsp. soda
1 c. boiling water

Cream lard, sugar and salt. Beat in eggs (1 at a time). Add cocoa, vanilla and food coloring. Add flour alternately with sour or buttermilk. When all ingredients are well blended, stir in boiling water which has soda dissolved in it. Bake at 350° for 45 minutes (2 x 14 1/2 x 10-inch pan is best size to use as this is a large cake). Ice with favorite frosting or eat plain.

Carol Fornevalt

CHOCOLATE CAKE

Cake:

1 stick oleo	2 c. sugar
1/2 c. shortening	1/2 c. buttermilk
4 Tbsp. cocoa	1/2 tsp. baking soda
1 c. water	2 eggs
2 c. flour	1 tsp. vanilla

Icing:

1 stick oleo	1 c. chopped nuts
4 Tbsp. cocoa	1 box powdered sugar
1/2 c. milk	

Cake: Melt butter, cocoa, shortening and water. Bring to a boil. In large bowl, mix together flour and sugar. Pour hot mixture into dry mixture. Mix together in a cup the buttermilk and baking soda. Add to other mixture; add eggs and vanilla. Beat well. Bake cake in large loaf pan greased and floured well at 400° for 30 minutes.

Icing: Melt butter and cocoa in a saucepan. Add milk; bring to a near boil and add nuts and sugar. Pour on hot cake for a very moist cake or cool cake for a less moist cake.

Rhonda Dodson

THE GREAT CAKE

1 chocolate cake mix	Cool Whip
8 oz. can Eagle Brand milk	Hershey bar
8 oz. jar caramel ice cream topping	

Make cake according to directions on box. Pour into 9 x 13-inch pan. Bake at 350° for 25 to 30 minutes. Ad soon as cake is done baking, poke holes in top with fork. Pour condensed sweetened milk and caramel topping over cake while hot; cool. Top with Cool Whip and shaved Hershey bar.

Dortha Heyen
Stafford

PUNCH BOWL CAKE

4 boxed instant vanilla pudding, prepared as directed	2 cans pineapple chunks, drained
4 bananas, sliced and dipped in lemon juice	2 (16 oz.) Cool Whip pecans
1 yellow cake mix, baked	maraschino cherries
2 cans cherry pie filling	coconut

Bake cake as directed. Cool. Crumble and layer 1/2 cake in large, clear punch bowl. Top with 1 can pie filling, then 2 boxes of prepared pudding, next 1 can pineapple chunks, next 1/2 the bananas, then 1 carton of Cool Whip. Repeat layers, using rest of ingredients. Garnish with pecan halves, cherries and coconut (optional). Chill overnight if possible.

Mrs. Clifford Hansen
Penalosa, KS

OATMEAL CAKE

1 c. brown sugar	1/2 tsp. allspice
1 c. white sugar	2 c. flour
1 stick butter or oleo	1 tsp. soda
1/2 c. corn oil	c. quick oats (uncooked)
2 eggs	1 1/2 c. hot water
1 tsp. cinnamon	1 c. raisins (optional)

Pour water over oats and let stand while mixing rest of cake. Cream butter, white sugar, brown sugar and corn oil. Add eggs and beat well. Add flour, soda and spices alternately with the oat mixture, mixing well after each addition. Stir in raisins and 1/2 cup nuts, if desired. Pour into 9 x 13-inch cake pan. Bake for 30 to 35 minutes in 350° oven. Top with following.

Topping:

1 stick butter	1 tsp. vanilla
1 c. brown sugar	1 c. chopped nutmeats
1/2 c. light cream	1 c. coconut

Melt butter over low heat. Add brown sugar and cream.

Cook over low heat about 10 minutes. Add vanilla, nutmeats and coconut. Pour over cake and return to oven for 10 minutes. If thicker frosting is desired cook mixture to a soft ball stage and spread over cake before adding nuts and coconut.

Mrs. Clifford Hansen
Penalosa, KS

PINEAPPLE SHEET CAKE

2 c. sugar	2 tsp. soda
2 c. flour	1 (No. 202) can crushed
2 eggs	pineapple

Icing:

1 (8 oz.) cream cheese	3 c. powdered sugar
1/2 c. butter	

Mix together; stir with a spoon until mixed well. Bake in a large sheet cake pan. Bake at 350° for about 20 to 30 minutes until a light golden brown. Serves 25.

Icing: Beat ingredients all together. Ice cake while hot. Sprinkle nuts on top if you want.

Patsy Tarr
Hutchinson

STRAWBERRY CAKE

1 box white cake mix	1 small box strawberry Jell-O
1 Tbsp. flour	4 eggs
3/4 c. oil	1 c. strawberries, drained

Mix all ingredients and bake in pan approximately 13 x 9 x 3-inches at 350° for approximately 35 minutes. When cake is done, spread with glaze made with 1/2 box powdered sugar and 1 cup of strawberries.

Joan Totty
Clearwater

COCONUT PECAN SQUARES

1/2 c. butter or oleo	1 c. flour
1/2 c. brown sugar	

Cream together butter or oleo and brown sugar. Add

flour; mix well. Press into 8 x 8-inch greased pan. Bake in moderate oven at 350° for 20 minutes.

2 eggs	2 Tbsp. flour
1 c. brown sugar	1 tsp. vanilla
1 c. chopped pecans	pinch of salt
1/2 c. shredded coconut	

Beat eggs until frothy; gradually add brown sugar and beat until thick. Add pecans and coconut which has been tossed with flour. Season with vanilla and salt. Mix well. Spread over baked crust. Bake for 20 minutes. Sprinkle with powdered sugar. When cool cut into 1 inch squares.

Gladys Bagley of Peace Creek Church of Christ gave me the recipe. She made them and sent them to Silver Maple Camp several years ago.

Murna McBurney

OATMEAL COOKIES

2 c. flour	1 c. brown sugar
1 tsp. salt	1 c. white sugar
1 tsp. baking powder	2 eggs
1 tsp. soda	2 tsp. vanilla
2 c. coconut	1 c. quick oats
1 c. butter	

Sift dry ingredients. Cream butter and sugar; add eggs and vanilla. Beat well. Add flour, oats and coconut gradually. Drop by teaspoon on greased cookie sheet. Bake at 375° for 9 to 10 minutes.

Sallie Smith

SKILLET COOKIES

1 (8 oz.) pkg. dates, diced	1 c. chopped nuts
1/4 c. margarine, melted	1 tsp. vanilla
1 egg, well beaten	2 c. Rice Krispies
1 c. sugar	finely chopped coconut

Mix together dates, margarine, egg and sugar in a heavy skillet and cook slowly. Bring to a boil and allow to simmer until dates dissolve. Remove from stove and add nuts, vanilla and Rice Krispies. Allow to cool and roll into balls. Roll

balls in coconut. May press into a buttered 9 x 9-inch pan and sprinkle with coconut.

Lynn Gammill
Anthony Church of Christ

DEEP DISH BROWNIES

3/4 c. oleo, melted
1 1/2 c. sugar
1 1/2 tsp. vanilla
3 eggs

3/4 c. flour
1/2 c. cocoa
1/2 tsp. baking powder
1/2 tsp. salt

Blend melted oleo, sugar and vanilla in a bowl. Add eggs; beat well with spoon. Combine flour, cocoa, baking powder and salt. Gradually add to egg mixture until well blended. Spread in greased 8-inch square pan. Bake at 350° for 40 to 45 minutes or until brownies begin to pull away from edges of pan. Cool; cut into squares.

Note: Do not use mixer.

Katie Mahoney

MAPLE NUT BROWNIES

2 eggs
1 c. sugar
1/2 tsp. vanilla
1/2 c. melted margarine
1/2 c. unsifted flour

1/4 tsp. baking powder
1/4 tsp. salt
1/3 c. chopped nuts
3/4 tsp. maple flavoring
1/4 c. cocoa

Beat eggs in a small mixing bowl; add vanilla and sugar. Blend in margarine until well blended. Combine flour, baking powder and salt. Add to creamed mixture. Remove 1 cup batter; stir in chopped nuts and maple flavoring. Add cocoa to remaining batter; blend until combined. Spoon batter into a greased 8-inch square pan in 4 alternate rows (maple, cocoa, maple, cocoa, etc.) Zigzag a rubber spatula through the batter lightly to mix slightly. Bake at 350° for 30 to 35 minutes (until edges pull away from pan edge). Cool. Cut into squares. Sprinkle with powdered sugar, if desired.

Darlene Dentson
Salina, KS
(Mrs. Tim Denton)
Camp Counselor and Teacher

PLATZ

(Traditional Mennonite Fruit Dessert)

Cake:

2 c. flour	1/2 c. butter
2 tsp. baking powder	1 c. milk
1 c. sugar	2 eggs, beaten
1/8 tsp. salt	2 tsp. vanilla

Fruit Layer:

fresh or frozen unsweetened fruit of choice (apples, cherries, blueberries, plums or nectarines)

Topping:

1/4 c. melted butter	3/4 c. sugar
3/4 c. flour	

Blend flour, baking powder, sugar, salt and butter in a large bowl. Stir in milk, beaten eggs and vanilla. Spread batter on well-greased 17 x 11 1/2 x 1-inch baking sheet or jelly roll pan. Cover with fruit of choice (any unsweetened fruit). Combine topping ingredients and mix by hand until crumbly; sprinkle over fruit. Bake at 375° for 30 to 35 minutes. Yield: 40 squares (2 inches each).

Mary Millard

FRUIT PIZZA

Crust:

1/2 c. powdered sugar	2 1/4 c. flour
1/2 c. regular sugar	1/2 tsp. soda
1/2 c. oil	dash of salt
1/2 c. margarine	1/2 tsp. vanilla
1 egg	1/2 tsp. cream of tartar

Mix together and press into pizza pan sprayed with Pam. Bake at 350° for 10 minutes. Cool.

Filling:

2 (8 oz.) pkg. cream cheese	1 tsp. vanilla
1/2 c. sugar	dash of salt

Mix cheese, sugar and vanilla. Fold in Cool Whip. Spread over cool crust.

Fruit:

blueberries, drained
 1 banana, sliced
 strawberries, sliced
 3 sliced kiwi

1 small can mandarin oranges
 additional drained
 blueberries

Arrange on top of filling, in order listed, starting in center. Arrange in circles.

Glaze:

1/2 c. fruit juice (mandarin
 orange juice)
 2 Tbsp. lemon juice

1 Tbsp. cornstarch
 1/4 c. water
 1/3 c. sugar

Mix ingredients with wire whisk until cornstarch is thoroughly mixed in. Heat over low heat until bubbly. Let cool. Drizzle over fruit, being sure to cover the fresh fruit especially well.

Rita Rhodes

BREAD PUDDING

8 oz. stale French bread
 1 qt. milk
 1/2 c. butter
 4 egg yolks
 4 whole eggs
 1 tsp. vanilla extract

1/4 tsp. almond extract
 1/4 tsp. ground cinnamon
 1 c. sugar
 6 Tbsp. additional sugar
 1/4 c. water

Cube bread into large bowl. Bring milk to a boil; add butter. Mix egg yolks, eggs, sugar, vanilla, almond extract and cinnamon together. Add to boiling milk, mixing well. Pour egg mixture over bread cubes. Let stand 30 minutes so bread is well soaked.

In iron skillet caramelize additional sugar and water until light brown. Let cool. Pour this into mold all around bottom and sides of bowl, then pour in the bread mixture. Place this bowl into pan of hot water. Bake in preheated oven for 45 minutes to 1 hour or even longer if using a deep bowl. Remove from oven; let cool completely before unmolding. Serves 10 to 12.

Enid B. Brown
 Penalosa, KS

MOUNDS CANDY

2 lb. powdered sugar
1 cube oleo
1 can Eagle Brand milk

1 large pkg. coconut, flaked
1 tsp. vanilla

Dip:

2 oz. paraffin*

2 (12 oz.) pkg. semi-sweet
chocolate chips

*Use 2 ounces of paraffin for every 12 ounces chocolate chips

Mix and chill. Roll in balls. Chill again. Melt together paraffin, semi-sweet chocolate chips. Dip balls into chocolate mixture. Place on wax paper and chill.

Katie Mahoney

CHERRY MESH CANDY

2 lb. powdered sugar
2 boxes cherry frosting (dry)
1 can Eagle Brand milk
1/2 c. soft oleo

1 (10 oz.) jar maraschino
cherries, chopped and
drained
2 tsp. vanilla

Dip:

24 oz. chocolate chips
4 oz. paraffin

1 lb. salted peanuts, chopped

Mix all ingredients by hand. Roll into small balls. Refrigerate until coating is mixed. This can be done the day before.

Melt in top of double boiler, chocolate chips and paraffin. Dip balls. Place on wax paper. Keep chocolate warm until all balls are dipped.

Note: Two ounces paraffin for every 12 ounces of chocolate chips. Cut paraffin up.

Katie Mahoney

CINNAMON CANDY

2 1/2 c. sugar
1 c. white syrup
1/2 c. water

3/4 bottle red food coloring
1/2 tsp. cinnamon oil

Mix sugar, syrup and water. Bring to boil. Boil to

hard crack stage; add oil and food coloring. Pour onto buttered cookie sheet. Cool, then crack into pieces.

Janet Hansen

PEANUT BUTTER FINGERS

1 c. flour	2 tsp. orange rind, grated
1/4 tsp. baking soda	2 Tbsp. granulated brown sugar replacement
1 1/2 tsp. baking powder	1 Tbsp. granulated sugar replacement
1/4 tsp. salt	
1/2 c. solid shortening (soft)	1 egg
1/2 c. peanut butter	

Sift together flour, baking soda, baking powder and salt. Beat shortening and peanut butter until creamy. Add orange rind, sugar replacements and egg to creamed mixture; beat until light and fluffy. Add flour mixture, stirring to blend well. Shape level tablespoonfuls into 2 inch fingers and place on ungreased cookie sheet. Bake at 350° for 12 to 15 minutes. Yield: 48 cookies.

Exchange 1 cookie equals 1/3 fruit and 1/2 fat. Calories for 1 cookie equals 43.

Participated in camp 13 years as camper, counselor and helper in kitchen.

Barbara Glascock

KOOL-AID SHERBET

1 pkg. Kool-Aid	3 c. milk
1 c. sugar	

Stir until sugar is dissolved, then partially freeze in ice tray. Turn out in chilled bowl and beat until fluffy, then refreeze until set. Serves six.

Janet Hansen

BLUEBERRY TOPPER

1 (8 oz.) pkg. cream cheese	1 c. miniature marshmallows
1 c. powdered sugar	1 c. Cool Whip or 1 pkg. Dream Whip
1 small can crushed pineapple	1 can prepared blueberry or cherry pie filling
1 tsp. vanilla	
1 c. pecans	

Blend cream cheese with powdered sugar with mixer until

smooth and fluffy. Blend in Cool Whip and vanilla. Fold in pineapple, pecans and marshmallows. Pour into prepared graham cracker crust. Chill about 1 hour and top with blueberry or cherry pie filling. Let set overnight.

Paula Dillon
Clearwater Church of Christ

BLUEBERRY DELIGHT DESSERT

2 c. crushed graham crackers	1/2 tsp. vanilla
1/2 c. sugar	2 eggs
1/2 c. soft butter	1 can blueberry pie filling
1 (8 oz) pkg. cream cheese	or substitute cherry
1/2 c. sugar	

Mix together the first three ingredients and press firmly in 9 x 12-inch cake pan.

Mix the next 4 ingredients together and pour over the first mixture. Bake 15 minutes at 350°. Take from oven and cool. Spread 1 can blueberry pie filling over top and then refrigerate.

Enid B. Brown
Penalosa, KS

EASY DESSERT

1 can cherry pie filling	1 c. pecan nuts
1 can Borden's condensed milk	1 large carton Cool Whip
1 medium can crushed pineapple	2 c. small marshmallows

Mix as listed and cool for several hours. Can be frozen. Makes a quick dessert when needed.

Edna Miller

APPLE CHEESE DESSERT

5 c. pared apple slices	1/4 tsp. salt
1 Tbsp. lemon juice	1/2 c. sugar
1/4 c. sugar	1/4 c. butter
1/4 tsp. cinnamon	2/3 c. grated cheese
1/2 c. flour	

Preheat oven to 350°. Fill pie pan or shallow baking dish with apple slices; sprinkle with lemon juice and 1/4 cup sugar. In a bowl mix cinnamon, flour, salt and 1/2 cup sugar;

cut in butter. Stir in grated cheese and spread over apples. Bake for 40 minutes. Cool before cutting to serve.

Good with vanilla ice cream.

Mary Ellen Roberts

STRAWBERRY DELIGHT

8 oz. cream cheese

1 large box strawberries

1 c. powdered sugar

angel food cake

2 envelopes Lucky Whip or Dream Whip

Mix Lucky Whip to directions on package. Mix cream cheese and powdered sugar together, then Lucky Whip. Break angel food cake into bite size pieces into 9 x 13-inch pan. Spread cream mixture over cake, then strawberries. Refrigerate.

Katie Mahoney

LEMON FRUIT DESSERT

1 (20 oz.) can pineapple
chunks in natural juice
(use juice)

1 can mandarin oranges,
drained

1 can fruit cocktail (diet or
no sugar added; use juice)

1 pkg. lemon instant pudding
mix
10 maraschino cherries,
halved or quartered

Combine all fruit in large bowl and mix well. Add dry pudding mix, stir and mix thoroughly. Cover bowl and chill. Flavor is best if chilled overnight.

Roberta Kuykendall
Clearwater

COCONUT PIE

2 eggs
1 c. sugar
1 Tbsp. butter
1 1/2 c. coconut

1 c. milk
1 tsp. vanilla
1 tsp. flour

Cream sugar, flour and butter. Add eggs, one by one. Add milk and fold in coconut and vanilla. Bake at 350° for 1 hour or until firm and golden colored. Pour the mixture into an unbaked pie shell. I prefer to use canned milk.

Deloris Young

OLD MAMA'S PECAN PIE

3/4 c. sugar	2 eggs
3/4 c. waffle syrup	1 stick oleo
3/4 c. rolled oats	pecans to taste

Mix all ingredients together and pour into unbaked pie shell. Place more pecans on top if desired. Bake at 450° for 15 minutes, then 325° for 35 minutes.

Linda Downs

PECAN PIE

4 eggs	1 1/2 c. chopped pecans
1 c. sugar	1 tsp. vanilla
1/2 c. butter, melted	1 unbaked pie shell
1 c. corn syrup	

Beat eggs lightly; add sugar. Beat in butter, syrup, pecans and vanilla. (Do not overbeat.) Pour into unbaked shell. Bake 50 minutes at 350°. Cool and serve.

Darlene Hamm

PUMPKIN CHIFFON PIE

1 graham cracker pie shell	3/4 tsp. cinnamon
1 Tbsp. granulated gelatin	1/2 tsp. ginger
1/2 c. cold water	1/2 tsp. allspice
3 eggs, separated	artificial sweetener to substitute for 1/2 c. sugar
1/2 c. skim milk	2 Tbsp. sugar
1 1/4 c. solid pack canned pumpkin	2 tsp. brandy extract
1/2 tsp. salt	
1/4 tsp. nutmeg	

Dissolve gelatin in cold water; set aside. Beat egg yolks lightly; stir in milk, pumpkin, salt and spices; blend well. Cook in the top of a double boiler, stirring constantly until thick and smooth, about 8 minutes. Remove from heat; add gelatin and artificial sweetener. Stir until completely dissolved. Cool, then chill in refrigerator until mixture thickens to consistency of unbeaten egg white. Remove from refrigerator. Beat egg whites until soft peaks form. Add sugar and brandy extract to egg whites, beating constantly until stiff, glossy and shiny. Fold carefully but thoroughly into pumpkin mixture. Turn into prepared pie shell. Scatter

2 tablespoons graham cracker crumbs on top as garnish. Chill 8 hours. Cut into 8 pieces.

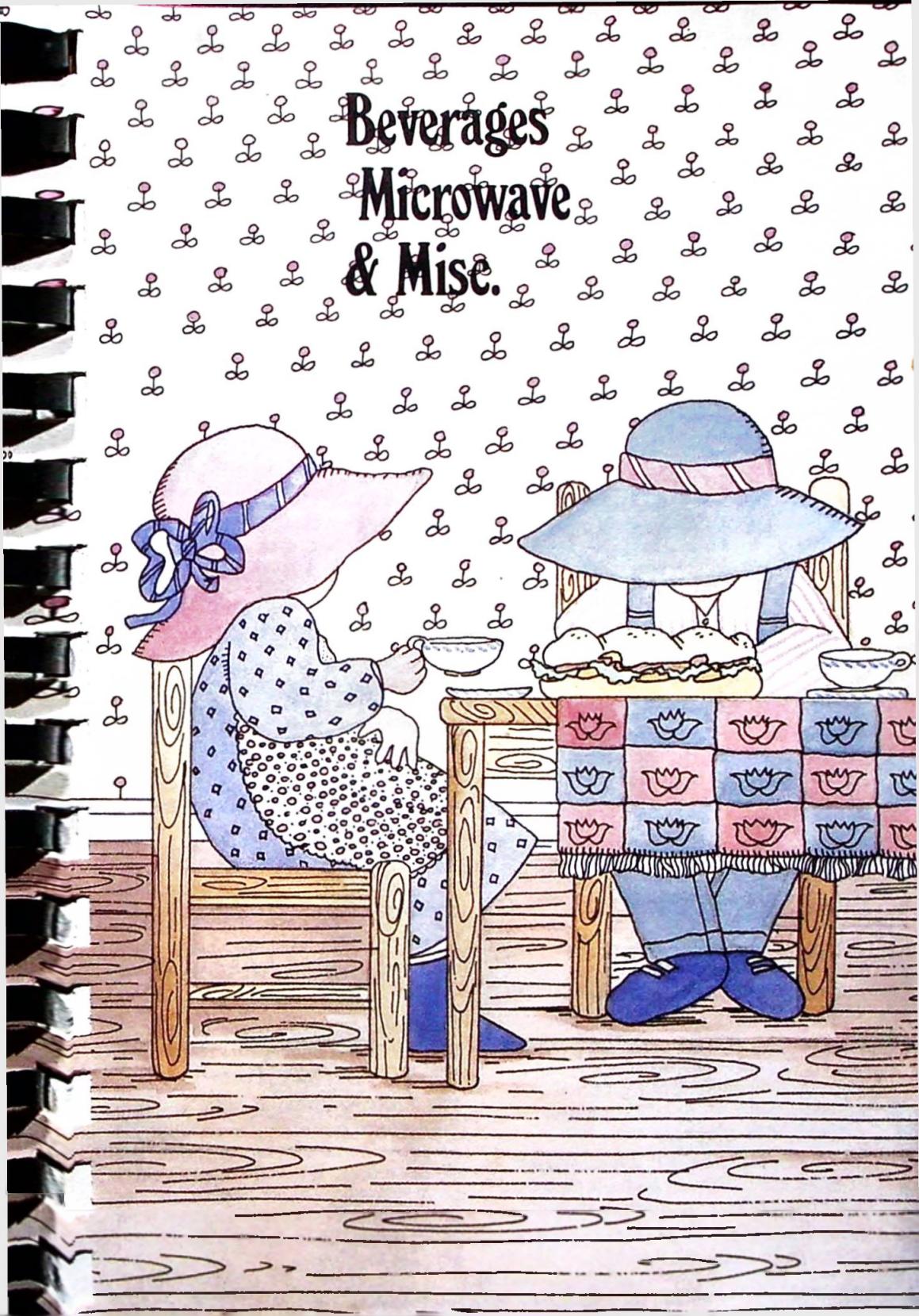
Exchange per slice, 1 1/2 fruit plus 1 high fat meat.
Calories per slice, 153.

Barbara Glascock

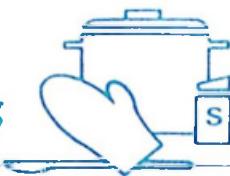
<<< Extra Recipes >>>

<<< Extra Recipes >>>

Beverages Microwave & Mise.



Helpful Cooking Hints



Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid — milk, broth, bouillon or wine — will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add $\frac{1}{4}$ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatine dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind — they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water — potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water — English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours — then wrap without worrying about them sticking together.

BEVERAGES, MICROWAVE & MISCELLANEOUS

FOOD FOR THE SOUL

"Jesus answered and said to her, "Everyone who drinks of this water shall thirst again; but whoever drinks of the water I shall give him shall never thirst; but the water that I shall give him shall become in him a well of water springing up to eternal life."

John 4:14

SKINNY SHAKE CHICKEN

2 (2 1/2 lb.) broiler-fryers

1/2 c. "Skinny Shake"

Skinny-Shake:

**1 (16 oz.) container (4 c.
dry measure) bread crumbs
1/2 c. vegetable oil
1 Tbsp. salt**

**1 Tbsp. paprika
1 Tbsp. celery salt
1 tsp. pepper**

In deep bowl stir in vegetable oil and bread crumbs until evenly distributed. Add spices. You may also add onion, garlic powder, dried herbs and lemon powder according to your taste. Put 1/2 cup "Skinny-Shake" in a paper bag. Moisten pieces of chicken with water. Shake a few pieces at a time in the bag. Arrange skin side up on a foil lined or nonstick baking pan. Use no oil. Bake at 375° for 45 minutes. Makes six servings, approximately 244 calories.

This is a super recipe which is enjoyed regularly by dieters in our family as well as those who can eat anything they desire.

As Sharon Grub from Peace Creek, I spent 8 wonderful years at Silver Maple Camp, the last one as a counselor.

**Sharon Allen
Stafford, KS**

LOW CALORIE TARRAGON CHICKEN

2 c. chicken broth
(preferably homemade)
2 large chicken breasts,
halved, skinned and boned
1 tsp. cornstarch
sprigs of fresh tarragon

1 Tbsp. snipped fresh
tarragon or 1 tsp. dried
tarragon, crushed
orange slices
juice of 1 orange

In a 10-inch skillet heat chicken broth to boiling; add chicken and snipped tarragon. Cook, covered, over medium heat for 7 to 8 minutes or until chicken is done, turning after 4 minutes. Remove chicken and keep warm. Reduce broth over high heat to about 2/3 cup. Combine orange juice and cornstarch; stir into skillet. Cook and stir until bubbly; cook and stir 2 minutes more. Arrange chicken on plates; spoon sauce over chicken. Garnish with tarragon and orange slices. Makes 4 servings.

Per serving: 238 calories, 26 g. protein, 2 g. carbohydrates and 5 g. fat.

Betty J. Keesee

LOW CALORIE ITALIAN SAUCED FISH

2 (16 oz.) pkg. flounder
fillets
1 (8 oz.) can spaghetti sauce
with mushrooms

2 Tbsp. chopped onion
1 (4 oz.) pkg. shredded
Mozzarella cheese (1 c.)

Arrange fillets in single layer on well-greased 15 1/2 x 10 1/2 x 1-inch baking sheet. Sprinkle with salt. Mix spaghetti sauce and onion; pour over fillets. Bake, uncovered, at 350° until fish flakes easily with fork, about 25 to 30 minutes. Sprinkle with cheese; return to oven until cheese melts, about 3 minutes. Serves 8; 149 calories per serving.

Marlene German

BROCCOLI AND CAULIFLOWER WITH MUSTARD SAUCE

2 c. fresh broccoli flowerets
2 c. fresh cauliflowerets
1/3 to 1/2 c. skim milk
1 Tbsp. flour

2 tsp. prepared mustard
1/4 tsp. salt (optional)
dash of onion powder

Combine broccoli and cauliflower in baking dish.

Cover. Microwave at High 8 to 11 minutes or until tender, stirring once. Drain; set aside.

In medium bowl blend remaining ingredients with wire whip. Microwave at High 2 to 3 minutes or until thickened, stirring every minute. Pour over vegetables; toss to coat. Contains 50 calories per serving. Serves 4.

Janet VanGieson
Norwich

LO-CAL BROCCOLI-CAULIFLOWER SALAD

1 head broccoli	1/3 c. white vinegar
4 green onions	8 mushrooms, sliced thin and
1/2 c. Miracle Whip light	sautéed in butter
salad dressing	1 head cauliflower
1/3 c. salad oil	1 tsp. salt and pepper
8 pkg. Equal	

Cut broccoli and cauliflower into bite-sized flowerets; slice green onions. Prepare mushrooms. Combine remaining ingredients and pour over vegetables. Allow to marinate in refrigerator several hours to bring out best flavor.

Jane McCoy
Clearwater

RAW CAULIFLOWER SLAW

1/3 large head cauliflower, thinly sliced	1 1/2 chopped celery leaves or 1/3 tsp. celery salt
3 Tbsp. low calorie French dressing	1/2 tsp. caraway seed (optional)
1 1/2 Tbsp. thinly sliced green onions	scant 1/4 tsp. salt scant 1/3 c. plain yogurt or sour cream

Marinate cauliflower in French dressing; chill several hours. Combine onion, celery leaves, caraway seed and salt; blend in sour cream. Drain cauliflower; toss lightly with sour cream (or yogurt) dressing. There are 61 calories per 1/2 cup serving with sour cream; 36 calories per 1/2 cup serving with yogurt.

Sharon Allen

OATMEAL MUFFINS

1 c. rolled oats	1 tsp. baking powder
1 c. buttermilk	1/2 tsp. soda
1 egg, beaten	1 tsp. salt
1/2 c. brown sugar or honey	1/3 c. oil or melted butter
1 c. whole wheat flour	or margarine

Measure rolled oats and buttermilk into mixing bowl and allow to stand 1 hour. Add egg and brown sugar. Sift together flour, baking powder, soda and salt. Add to liquid mixture. Stir only enough to combine. Stir in oil or melted butter. Spoon into buttered muffin cups, filling about 2/3 full. Bake at 400° for 20 minutes. Makes 12 muffins.

Kathy Hamm

LO-CAL CHEESE CAKE

2 c. crushed pineapple	2 tsp. vanilla
1 1/3 c. dry powdered skimmed milk	3 tsp. lemon juice
2 pkg. Knox gelatine	1 tsp. butter flavoring
4 packets sweetener (Equal)	1/2 c. boiling water

Drain pineapple; set aside juice. Mix gelatine into pineapple; stir in very well. Add boiling water and some of drained juice. Put into blender and blend 1 minute. Add all remaining ingredients. Blend at high speed until frothy. Pour into 8 x 8-inch or equivalent sized pan. Sprinkle with cinnamon. Chill at least 2 hours. You could also use strawberries. One fourth recipe equals 1 milk and 1 fruit.

Pat Allen
Clearwater

SUGARLESS APPLE PIE

5 Delicious apples	1 tsp. cinnamon
1 (6 oz.) can frozen apple juice	1/4 tsp. salt
2 Tbsp. flour	2 Tbsp. butter 9-inch pie crust and top

Peel and slice apples. Heat juice; add flour, salt and cinnamon. Cook until thickened. Cook apple slices with juice mixture. Fill 9-inch pie crust. Dot with butter. Adjust top crust. Sprinkle water and nutmeg over top if desired. Bake

at 450° for 15 minutes. Lower temperature to 350°; continue baking for 30 minutes more.

Murna McBurney

SPICY OATMEAL COOKIES

1/4 c. butter, softened	2/3 c. rolled oats
1/3 c. honey	1/4 tsp. baking powder
1 egg	1/4 tsp. baking soda
1 tsp. vanilla extract	2 tsp. ground cinnamon
1/2 c. whole wheat pastry flour	1/2 tsp. ground nutmeg
1/2 c. unbleached white flour	1/4 c. raisins, plumped

Preheat oven to 350°. In a medium-sized bowl, beat butter until fluffy. Beat in honey, then egg and vanilla. In a medium-sized bowl, whisk together dry ingredients. Stir in raisins and mix into moist ingredients.

Drop by rounded teaspoonfuls onto two ungreased baking sheets. Bake each batch on middle shelf of oven until golden, about 8 to 10 minutes. Makes 30 cookies, 57 calories per cookie.

Kathy Hamm

FABULOUS FROZEN FRUIT

1 fresh apple, chopped	8 Tbsp. oat bran
1 c. frozen blueberries	2 Tbsp. sugar substitute
1 c. frozen peaches, diced	1 tsp. lemon flavored or
1 c. frozen blackberries, strawberries or mixed fruit, etc. (your choice!)	citrus flavored sugar-free drink mix (dry)

In small bowl mix oat bran, sweetener and dry drink mix. Stir until mixed well; set aside. Chop apples by hand in small pieces. Put apple pieces in large bowl and sprinkle with small amount of bran mixture. Cut peaches into small pieces and add to large bowl of apples, then sprinkle with more bran mixture. Repeat this process with whole berries, using all the bran mixture.

Toss in bowl well. I prefer to make this 2 to 3 hours before using in order to let the fruit "sit and mix well together". Or you may freeze after making and occasionally toss with fork while freezing to keep from freezing solid. It can be eaten right out of freezer; it's wonderful and has

really been a hit with our health and weight conscious ladies!

Cheryl Foster
Eastwood Church
Hutchinson

LOW CALORIE PUMPKIN PIE

1 (16 oz.) can solid-pack pumpkin	1/2 c. biscuit mix
1 (13 oz.) can evaporated skim milk	2 Tbsp. sugar
1 egg	8 packets sugar substitute
2 egg whites	2 tsp. pumpkin pie spice
	2 tsp. vanilla

Heat oven to 350°. Lightly spray 9-inch pie pan with vegetable spray.

Place all ingredients in mixing bowl. Beat 2 minutes. Pour into pie pan and bake for 50 minutes or until center is puffed up. Cut into 8 pieces. 1 piece equals 1 starch/bread exchange, 1/2 medium-fat meat exchange and 114 calories.

Barbara Glascock

MOCK MAPLE SYRUP

(Three Calories Per Tablespoon)

1 1/4 c. cold water	1 tsp. liquid sweetener
1 Tbsp. cornstarch	1/4 tsp. salt
1 tsp. maple flavoring	

Combine water and cornstarch; stir until well blended. Add remaining ingredients. Cook over low heat, stirring constantly until thickened. Store, covered, in refrigerator up to 1 week. Yield: 1 1/4 cups.

Eloise Jarrell
Kingman, KS

OIL PIE CRUST

2 1/4 c. flour	2/3 c. vegetable oil
1 tsp. salt	1/4 c. cold milk or water
1 Tbsp. sugar	

Blend flour, salt, sugar and oil. Add cold liquid; mix well, but quickly. This dough must be rolled between waxed

paper, peel off paper and turn into pie pan. Shape or pierce sides and bottom.

Carol Fornwalt

CASSEROLE SAUCE MIX

2 c. nonfat dry milk	2 Tbsp. dry onion flakes
3/4 c. cornstarch	1/2 tsp. pepper
1/4 c. instant chicken bouillon	1 tsp. thyme or basil (optional)

Mix all together and store in airtight container.

To prepare, combine 1/3 cup dry mix with 1 1/4 cups water. Cook until it thickens. If desired, add Butter Buds or Molly McButter. Use this sauce in casserole instead of creamed soups.

Bettye Jo Hamm

SUMMER DRESSING

2 c. cooked rice	2 eggs
1 c. parsley, chopped or 2 Tbsp. dehydrated	1/2 c. cooking oil
2 c. milk	garlic salt
1/2 lb. grated Velveeta cheese	salt
	1 onion, chopped fine

Mix together and cook in an uncovered casserole for 45 minutes at 350°.

Jerre Pepper

PLAY DOUGH

1 c. flour	2 tsp. cream of tartar
1 c. water	1 Tbsp. cooking oil
1/2 c. salt	food coloring, if desired

Mix all ingredients in saucepan. Cook over medium heat, stirring constantly until mixture balls up and pulls away from sides of pan. It will change from sticky to dough in 2 or 3 minutes. Knead and store in airtight container. Keep in refrigerator.

Katie Mahoney

ZUCCHINI JAM

6 c. grated zucchini, peeled
6 c. sugar
2 Tbsp. lemon juice

1 (20 oz.) crushed pineapple,
well drained
2 (3 oz.) pkg. apricot jello

Add 1 cup water to zucchini; bring to boil and cook 6 minutes. Add sugar, lemon juice and pineapple and cook 6 more minutes. Add jello and cook 6 minutes more. Seal in jelly glasses or jars. Great over ice cream.

Katie Mahoney

ZUCCHINI RELISH

10 c. ground zucchini
4 onions, ground (can use 1
red for color)

2 green peppers, ground (can
use 1 red for color)
5 Tbsp. salt

Leave mixture stand overnight. Next morning wash 3 times and drain mixture. Add the following to drained mixture of onions, peppers and zucchini; cook for 30 minutes.

3 1/2 c. vinegar	1 tsp. dry mustard
6 c. sugar	1 tsp. turmeric
2 Tbsp. celery seed	1 tsp. cornstarch
1 tsp. nutmeg	

Relish can then be packed in jars.

Darlene Lancaster

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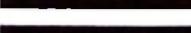
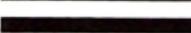
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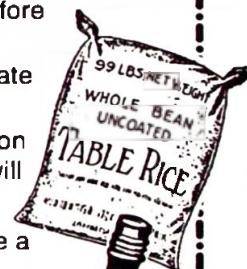


“Little Known” HOUSEHOLD HINTS

*...that even your Grandmother
probably didn't know!*

GENERAL

- Rubbing alcohol will remove ball-point pen ink marks.
- Candles chilled for 24 hours in refrigerator will burn longer and not drip.
- Baking soda on a damp cloth will remove grime and grease from glass on oven door.
- Window cleaner will clean and polish exterior of appliances — stove, refrigerator — also small appliances, taps, etc.
- Mixture of half salt and half hot vinegar rubbed on brass will clean and polish.
- To re-smooth Teflon pans, boil for 5 to 10 minutes in the pan, a mixture of 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach. Wash in suds and rinse thoroughly. Then before using, wipe the surface with salad oil.
- To remove gum from hair, rub a plain chocolate bar in hair — then wash.
- A cloth wrung out of a solution of 1 tablespoon cornstarch dissolved in one quart of water, will make windows and mirrors sparkle.
- Cold tea, coffee grounds, or egg shells make a good fertilizer for house plants and act as insecticides, too.
- Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.
- Stamp a few moth balls into the ground near flower beds to keep dogs away.



continued

...and more
"Little Known"

HOUSEHOLD HINTS



- To save mess in making bread or graham cracker crumbs, place in plastic bag and roll with rolling pin.
- Add a little salad oil in when you cook macaroni or spaghetti and it will not boil over or stick.

VINEGAR

- A bowl of vinegar placed in a stuffy or smokey room will absorb tobacco smoke or the smell of paint, and keep the air fresh.



MILK



- Rinse pan with cold water before heating milk in it to prevent scorching and make cleaning easier.
- To make sour milk from sweet milk, add 1 tablespoon vinegar or lemon juice to 1 cup sweet milk.



PIES



- When baking fruit pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.
- Make your two-crust pies the night before you need them. Put in refrigerator overnight. In the morning take from refrigerator. Let pie warm to room temperature, if in glassware, so the glass won't break. Bake as usual.
- Put cream or milk on top of two-crust pies for a nice brown pie.
- Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.
- Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.





NUTRIENTS: WHAT THEY DO

Proteins — Maintain body tissues and support growth. Protein also regulates the balance of body fluids and helps in the production of antibodies.

It is wise to combine complete proteins from meat, eggs and cheese with incomplete proteins from breads, cereals, dried beans and peas.

Carbohydrates — Are the body's main source of energy. Without carbohydrates, the body relies on fat and protein as sources of energy, putting a burden on the kidneys.

Starches (pasta and bread) and sugars (fruits and sweets) supply carbohydrates.

Fats — A certain amount of fat is necessary to support and protect internal organs, to provide insulation against extreme heat and cold, and in women, to control hormone balance.

Fatty meats, most cheeses and nuts are some important sources of fats.

DIETARY goals

The Senate Nutrition Subcommittee's Dietary Goals for the United States was a landmark report that drew enormous attention to contemporary nutrition issues such as fat, cholesterol, sodium, and fiber.

These seven goals are as follows:

1. If overweight, reduce to normal weight.
2. Increase complex carbohydrates and naturally occurring sugars from current level of 28% of total calories to 48% of total calories.
3. Reduce refined sugar intake from current level of 18% of total calories to 10% of total calories.
4. Reduce fat intake from current level of 42% of calories to 30% of calories.
5. Reduce saturated fat intake from current level of 16% of total calories to 10% of total calories.
6. Reduce cholesterol intake from 600 mg per day to 300 mg. per day.
7. Limit salt intake to about 5 grams per day, resulting in a sodium intake of about 2000 mg. per day.



HOW DO YOU MEET YOUR DIETARY GOALS?

Here are Some Suggestions:

- ★ Eat more fruits, vegetables and whole grains.
- ★ Eat fewer foods rich in refined sugars.
- ★ Eat fewer high-fat foods and replace some foods rich in saturated fat with foods rich in polyunsaturated fats.
- ★ Cut down on animal fat and choose meats, poultry and fish that will reduce saturated fat intake.
- ★ Except for young children, substitute low-fat and non-fat milk for whole milk, and low-fat dairy products for high-fat dairy products.
- ★ Eat less butterfat, eggs and high-cholesterol foods.
- ★ Eat fewer foods rich in sodium and cut back on salt added to food during preparation and at the table.

What to watch out for!

Cholesterol

Cholesterol is essential to many of the body's chemical processes. Manufactured by the body and stored in the liver, it also comes from the food we eat. However, too much cholesterol encourages the development of atherosclerosis, a thickening of the artery walls.

The average American consumes 450 milligrams of cholesterol, rather than the 300 that is recommended.

Foods high in cholesterol are egg yolks, whole milk, whole-milk cheeses, whole-milk yogurt, cream, sour cream, ice cream, butter and organ meats, especially liver.

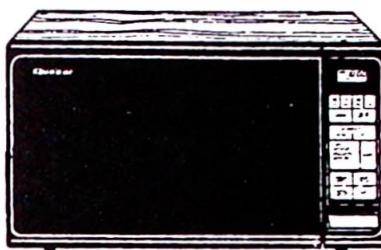
Saturated Fats

Watching your fat intake may also help control your blood pressure. Some scientists believe that high-fat diets play a role in some forms of high blood pressure.

The culprit is *saturated* fat. Saturated fats raise your blood cholesterol level, and as it rises, so do your chances of suffering a heart attack.

Some new research suggests that a healthy intake of some forms of fiber can also help control blood cholesterol. For the most part, it's the fiber in fruits, vegetables, beans and oats that seems to lower cholesterol.

MICROWAVE COOKING



Even if you cook most of your meals the traditional way, a microwave can really come in handy.

ADVANTAGES

This cool, convenient new way of cooking simplifies life. It saves time. It doesn't heat the kitchen. It means fewer dishes to wash. It virtually eliminates the chore of oven scouring. It prevents waste. It consumes less energy — from 25% to 75% of the energy required for conventional cooking.

AND IT'S HEALTHIER

Another positive for microwaves is that they can help preserve vitamins, since vegetables can be heated with little or no water.

ARRANGING FOODS

Food is usually arranged in a ring shape. Use round dishes for most baked foods. Coverings are often used to keep moisture in and to prevent liquid food from spattering. Plastic wrap works well.

PREPARING MICROWAVE MEALS

Microwave meals generally are prepared in a sequence different from conventionally cooked meals. Because foods are microwaved one at a time, start with the one that is least likely to be served hot, retains heat longer or reheats well.

This sequence is a Guide: 1. Desserts, 2. Large Cuts of Meat, 3. Potatoes and Smaller Cuts of Meat, 4. Vegetables, 5. Fish, 6. Foods to be reheated.

A "QUICK" Summary

OF



DILL	Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
FENNEL	Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
MARJORAM	May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
CURRY POWDER	A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.
CHIVES	Leaves are used in many ways. May be used in salads, in cream cheese, in sandwiches, omelets, soups, and in fish dishes. Mild flavor of onion.
SAGE	Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued



Herbs & Seeds

continued...

CARAWAY Seeds have a spicy smell and aromatic taste. Used in baked goods, in cakes, breads, soups, cheese, and sauerkraut.

PAPRIKA A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

BASIL Aromatic odor, warm sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.

OREGANO Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

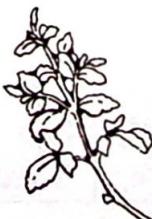
BAY LEAF A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.

GINGER An aromatic, pungent root, sold fresh, dried, or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

CHERVIL Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.

SHALLOTS Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.

VINEGAR Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.



LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
Meats, Casseroles	Beef Stew, Steak, Veal, Lamb, Venison	Meats, Stews, Sauerbraten		Curries of Meat, Veal, Mildly hot casseroles	Veal, Pork, Spareribs, Lamb Stew
Poultry, Seafood	Chicken, Duck, Fish, Seafood cocktails	Poached fish		Chicken, Fish, Shrimp, Chicken salad	Fish dishes, Chicken salad
Vegetables, Pickles, Preserves	Tomatoes, Potatoes, Peas, Squash, Herb Butter	Pickled beets, Relishes	Potato dishes, Vegetable garnish	Various vegetables, Pickled carrots, Green bean sticks	Potatoes baked or boiled, Tomatoes, Beans, Pickles, Garnish
Eggs And Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Noodles, Spaghetti	Spanish rice, Spaghetti dishes			Oriental touch to rice	Buttered noodles
Soups, Salads, Sauces	Bean, Mock turtle, Potato soups, Tossed salads	Vegetable and Fish soups, Tomato sauces and Gravies, Marinades	Various Soups and Salads	Gravies, Flavor teaser in soups, Chili sauce, Shrimp sauce	Fish and Vegetable salads, Butter sauce, Cream sauce
Pies, Breads, Cakes				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	GINGER	MARJORAM	OREGANO	SAGE	TARRAGON
When You Fix: ↓	Aromatic pungent root with warm flavor—sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats, Casseroles	Pot roast, Pork, Veal, Beef Casseroles	Stuffing for all meats, Ragouts, Stew, Beef, Veal, Pork Roasts, Lamb, Sausage	Pork, Veal and Lamb dishes, Meat Loaf, Stews, Chili	Stuffing for meat dishes, Veal and Pork dishes, Pork roast, Sausage Hamburgers	Beef and Veal dishes
Poultry, Seafood		Chicken and fish dishes, Stuffed fish, Fish chowder	Roast duck, Fish chowder	Poultry	Fish and chicken dishes, Chicken cacciatore, Lobster
Vegetables, Pickles, Preserves	Pickles, Preserves, Chutney, Vegetable combos	Scalloped potatoes and tomatoes, Dressing for broccoli, cabbage, spinach	Hash brown potatoes Dried beans, Lentils	Vegetable loaves, Beans, Tomatoes	Potatoes, Tomatoes, Beets, Spinach, Pickles
Eggs and Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Spaghetti, Noodles		Spaghetti sauce	Spaghetti with meat sauce, Pizza		
Soups, Salads, Sauces	Soups, Chicken broth, Gravies, Fruit salad, Whipped cream	Soups, Salad dressing, Green vegetables, salads	Vegetable and Fish dishes	Salads	Tartar sauce, Sweet-sour sauce, Fish sauces, Green salads, Aspics
Breads, Pies, Cakes	Cakes, Soft cookies and crisp snaps, Pie crust and filling				



An Easy Way TO CHOOSE A RECIPE

There's more to reading a recipe than just giving it a quick once-over. Actually, you have to think in terms of:

- * **Servings**
- * **Type of Cooking Involved**
- * **Equipment Needed**
- * **Timing**

SERVINGS: Check the servings in the recipe and consider the number you are planning for. If the recipe is larger, will leftovers keep in the refrigerator for the next day's meal? Will the food reheat well?

TYPE OF COOKING: Check the ingredients. Are they in season? Expensive or a bargain? Fit the recipe to your budget and to the occasion.

EQUIPMENT NEEDED: Be sure you have on hand all the utensils and equipment you'll need.

TIMING: Check the timetable of your recipe. Match your recipe to the free time you have. If you are combining two recipes, such as meat roast with baked vegetables, be sure that the baking temperatures are compatible.

You've Decided on the Meat

Now... What goes with:



Chicken Salad:

Potato Chips

Celery

Pickles

Peas

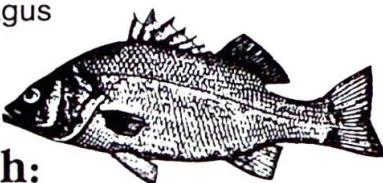


Trout:

Potatoes Diced in Cream

Asparagus

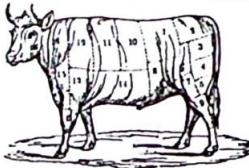
Pickles



Fried Fish:

French Fries

Tossed Salad



Hamburger:

Toasted Buns

Sweet Onion Rings

Potato Salad

Carrots

Fried Chicken:

Lima Beans

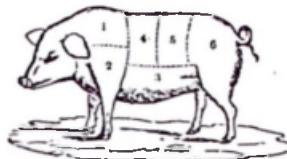
Mashed Potatoes

Corn on the Cob

Biscuits

You've Decided on the Meat

Now...What goes with:



Roast Pork:

Brown Potatoes
Applesauce
Fruit Salad
Sweet Potatoes

Sauerkraut
Mashed Potatoes
Celery Salad
Apple Salad



Pork Chops:

Scalloped Potatoes
Fried Apple Rings

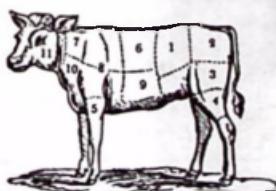
Mashed Potatoes
Cabbage Salad



Baked Ham:

Sweet Potatoes
Spinach
Rice

Fried Pineapple Rings
Parsley Potatoes
Asparagus



Veal Cutlet:

Baked Potatoes

Tossed Salad

Things You Should Know About Meat, Poultry or Seafood

Meats are a substantial part of every homemaker's shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

How Much To Buy

	Meat	Weight or Measure	No. of Servings
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to 2
	Stew Meat	1 pound	4 to 5
POULTRY	Hamburger	1 pound	4
	Chicken		
	Fryers	2½ to 3½ pounds	3 to 5
	Broilers	1 to 2½ pounds	2 to 3
	Roasters	2¾ to 7 pounds	4 to 10
FISH	Turkey	8 pounds	16
	Steaks	1 pound	3
	Fillets	1 pound	4
SHELLFISH	Whole Fish	1 pound	1
	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (Shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (schucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

DO SOME FOODS PREVENT CANCER?

Recent studies suggest some nutrients might serve as protective elements in the prevention of cancer. These are:

Carotene, *the main form of Vitamin A in fruits and vegetables*

Vitamin C, *which occurs mostly in fruits and vegetables*

Fiber, *in some forms (only those that occur in whole grain foods)*

In addition, research strongly links diets low in fat to low rates of breast, colon, and prostate cancers. You probably need to eat about six servings a week of these foods to have an effect. It's well worth doing so, because these foods have still other virtues.

IMPORTANT FACTS ON

Dressings, Meats & Poultry Fish and Vegetables

Dressings

	PORTION	CALORIES	CARBO	CHOLESTEROL
			Grams	
Salad Dressing, Italian	1 Tbsp.		0	Low
Salad Dressing, Mayonnaise	1 Tbsp.	93 c.	Trace	8
Vinegar and Oil	1 Tbsp.	130 c.	0	0
Salad Dressing, Thousand Island	1 Tbsp.	75 c.	2	Med.

(Most Dietary Dressings cut carbos 50%)

Meats & Poultry

	PORTION	CALORIES	CARBO	CHOLESTEROL
			Grams	
Bacon, fried crisp	1 slice	47 c.	1/2	7
Beef, hamburger, lean broiled	3 oz.	200 c.	0	80
Beef, roast, lean	4 oz.	210 c.	0	90
Beef, round steak	2 1/2 oz.	147 c.	0	4
Beef, sirloin steak	3 1/2 oz.	206 c.	0	High
Beef, liver with onions	3 1/2 oz.	248 c.	8	438
Bologna	1 slice	85 c.	1/4	High
Chicken, whole, broiled	3 lbs.		0	542
Chicken, fried	1/2		5	High
Chicken, fried	thigh or leg	135 c.	N/A	47
Chicken, fried	breast	150 c.	N/A	80
Frankfurter	1 (2 oz.)	125 c.	1	N/A
Ham, smoked	average slice	450 c.	0	High
Ham, baked	3 oz.	320 c.	0	High
Ham, canned, lean	2 oz.	170 c.	0	High
Meatloaf	average slice	225 c.	4	High
Pork, roast	3 oz.	200 c.	0	76
Pork, chops, fried	1 medium	325 c.	0	76
Pork, baked or broiled	1 medium	225 c.	0	N/A
Pork sausage	average patty	170 c.	0	High
Veal cutlet, broiled	3 oz.	125 c.	0	86
Veal, roast	3 oz.	150 c.	0	84

continued...

Fish

	PORTION	CALORIES	CARBO	CHOLESTEROL
		Grams		
Catfish	average serving	100 c.	0	Med.
Codfish	3 1/2 oz.	100 c.	1/2	50
Gefilte fish	average serving	150 c.	0	High
Haddock, fried	3 1/2 oz.	250 c.	4	60
Halibut	3 1/2 oz.	200 c.	0	60
Perch	average serving	100 c.	0	High
Salmon, canned	1/2 cup	160 c.	0	35
Salmon, fresh	3 1/2 oz.	160 c.	0	47
Trout, fried	3 1/2 oz.	220 c.	0	55
Tuna, canned	3 1/2 oz.	250 c.	0	65

Vegetables

	PORTION	CALORIES	CARBO	CHOLESTEROL
		Grams		
Asparagus, canned	1/2 cup	25 c.	3	0
Avocado	1 small	425 c.	12	Med.
Beans, baked	1/2 cup	100 c.	3	Low
Beans, string	1 cup	25 c.	10	0
Beets	1/2 cup	35 c.	8	0
Broccoli	1 cup	45 c.	8	0
Brussels sprouts	1 cup	60 c.	12	0
Cabbage, raw	1 cup	25 c.	10	0
Cabbage, cooked	1 cup	40 c.	10	0
Carrots, raw or cooked	1/2 cup	25 c.	5	0
Cauliflower	1 cup	30 c.	6	0
Celery	2 stalks	10 c.	1	0



TERMS

Used in Cooking

APPETIZER	A small serving of food served before or as the first course of a meal.
ASPIC	A transparent jelly, usually meat, which has been boiled down to become firm when cold.
BATTER	A mixture of flour or liquid that can be beaten or stirred.
BISQUE	A rich thick cream soup made from fish.
BLANCH	To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.
BOUILLABAISE	A chowder made from several varieties of fish and wine.
BOUILLON	Clear soup made from lean beef or chicken.
BRAISE	To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.
CARAMEL	Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
CHICORY	A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes call curly endive.
CIDER	The juice from pressed apples used as a beverage or to make vinegar.
CLARIFY	To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.
COBBLER	A fruit pie with a rich biscuit dough made in a deep-dish.
COCKTAIL	An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.
CRACKLINGS	Crisp particles left after fat has been fried out.

CROQUETTES	Chopped meat held together by eggs, shaped and dipped into crumbs, then fried.
DOUGH	A mixture of flour and liquid that is stiff enough to be kneaded.
DRIPPINGS	Liquids resulting from meat being cooked.
ENTREE	The main course of a meal.
FONDUE	A dish made of cheese, eggs, etc.
FRITTERS	Vegetables or fruit covered with batter then fried in deep fat.
FROSTING	A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS	The liver, gizzard or heart of poultry.
GINGER	An aromatic, pungent root sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
GLACE	Ice or glazed over. Meats are glazed by covering with concentrated stocks or jellies.
GRATE	Cut into tiny particles, using small holes of grater
HORS d'OEUVRES	Tart, salty or crisp foods served as appetizers.
INFUSION	Liquid extracted from tea, herbs or coffee.
JULIENNE	Cut in fine strips or strings.
KNEAD	To place dough on flat surface and work it, pressing down with knuckles, then fold over, repeating several times.
LEGUMES	The seeds of certain plants, as peas, beans, peanuts, and lentils.
MACEDOINE	A mixture of fruits or vegetables.
MARJORAM	May be used both green and dry for flavoring soups and ragouts, and in stuffing for all meats and fish.
MARINATE	Let food stand in liquid that will add flavor or tenderize.
MINCE	To cut foods in very fine pieces.
MORNAY	A white sauce containing cheese.
OREGANO	Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
SHRED	Cut into thin pieces, using large holes of grater or shredder (cheese).

PARE	Cut off outer covering with a knife or other sharp tool (potatoes, apples).
PEEL	Strip off outer covering (oranges).
PIQUANT	A sharp sauce.
SCALD	Heat milk to just below the boiling point. Tiny bubbles form at edge.
SIMMER	Cook in liquid just below the boiling point. Bubbles form slowly and collapse below the surface.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Used to flavor vinegar.

FOOD PROCESSES

BAKE	To cook by dry heat, usually in an oven.
BARBECUE	To roast or broil whole, as a hog, fowl, etc. Usually done in a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL	To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT	The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW	To cook in hot liquid until flavor is extracted.
BROIL	To cook by exposing the food directly to the heat.
BRAISE	To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY	To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COAT SPOON	When a mixture forms a thin even film on the spoon.
CODDLE	To cook slowly and gently in a liquid just below the boiling point.
CREAM	To beat until soft and fluffy. Usually applied to shortening and sugar.
CUBE	To cut in even sized pieces.
CUT	To divide foods with a knife or scissors.
DICE	To cut into small cubes.
DISSOLVE	To pass into solution.
FOLD	To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

ABBREVIATIONS COMMONLY USED

tsp. - teaspoon
Tbsp. - tablespoon
c. - cup
pt. - pint
qt. - quart
pk. - peck
bu. - bushel

oz. - ounce or ounces
lb. - pound or pounds
sq. - square
min. - minute or minutes
hr. - hour or hours
mod. - moderate or moderately
doz. - dozen

SIMPLIFIED

dash - less than 1/8 teaspoon
3 teaspoons - 1 tablespoon
16 tablespoons - 1 cup
1 cup - 1/2 pint
2 cups - 1 pint

MEASURES

2 pints (4 cups) - 1 quart
4 quarts (liquid) - 1 gallon
8 quarts (solid) - 1 peck
4 pecks - 1 bushel
16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:
4 tablespoons - 1/4 cup
5 1/3 tablespoons - 1/3 cup
8 tablespoons - 1/2 cup
10 2/3 tablespoons - 2/3 cup
12 tablespoons - 3/4 cup
14 tablespoons - 7/8 cup

OVEN TEMPERATURES

Slow	250 to 300 Degrees
Slow moderate	325
Moderate	350
Quick moderate	375
Moderately hot	400
Hot	425 to 450
Very Hot	475 to 500

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

<u>Size</u>	<u>Average Contents</u>
8 oz.	1 cup
picnic	1 1/4 cups
#300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

QUANTITY COOKING

Food	25 Servings	100 Servings
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MEAT, POULTRY OR FISH

Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7½ lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

SANDWICHES

Bread	50 slices	200 slices
Butter	½ lb.	1½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meats, eggs, fish)	1½ qts.	5 to 6 qts.
Lettuce	1½ heads	5 to 6 heads

SALADS, CASSEROLES

Potato Salad	4¼ qts.	4½ gals.
Scalloped Potatoes	4½ qts.	17 qts.
Spaghetti	1¼ gals.	5 gals.
Baked Beans	¾ gals.	2½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

VEGETABLES

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

YOUR DAILY NUTRIENTS

Food	Average Adult	Average Child
MEAT OR FISH	<i>1 or more servings of wide variety. Liver once a week</i>	<i>Same as Adult</i>
MILK	<i>1 pint</i>	<i>1 quart</i>
EGGS	<i>1 egg. Dried peas or beans may be substituted 3 times a week.</i>	<i>Same as Adult</i>
VEGETABLES	<i>1 leafy green or yellow and 1 other (serve one raw). 1 potato.</i>	<i>Same as Adult</i>
FRUITS	<i>½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).</i>	<i>¾ c. citrus or 1 ½ c. tomato juice plus other fruits.</i>
BREADS AND CEREALS	<i>3 servings whole grain or "enriched" bread or cereal.</i>	<i>Same as Adult</i>
BUTTER OR VITAMIN FORTIFIED MARGARINE	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	<i>For normal vision</i>	<i>Leafy greens, yellow vegetables and fruits, eggs, liver and milk</i>
B1 (Thiamin)	<i>For good appetite, good digestion and steady nerves</i>	<i>"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.</i>
C (Ascorbic Acid)	<i>For healthy teeth, gums, bones and blood vessels.</i>	<i>Citrus fruits, tomato juice, leafy greens and potato.</i>
B2 (Riboflavin)	<i>For healthy skin and eyes.</i>	<i>Liver and kidney. Lean beef, leafy greens, milk.</i>

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		<i>Calories</i>
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:

Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145

Pudding:

Bread Pudding	1/2 cup	150
Flavored Puddings	1/2 cup	140

Pies:

Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

CALORIE COUNTER

DESSERTS (cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
<i>Ice Cream:</i>		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
<i>Miscellaneous:</i>		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1 medium	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces (steak)	207

CALORIE COUNTER

FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; If skin is tough, pare. Cut in $\frac{1}{2}$ -inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
ASPARAGUS	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
BEANS, Green or Wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
NAVY BEANS, Dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 1/2 hours
BEETS	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
BROCCOLI	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 mins. Total
BRUSSELS SPROUTS	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
CABBAGE, Green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
CARROTS	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme..	20-25 mins. Whole
CAULIFLOWER	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Take Time For 10 Things

1. Take time to work ---
It is the price of success.
2. Take time to think ---
It is the source of power.
3. Take time to play ---
It is the secret of youth.
4. Take time to read ---
It is the foundation of knowledge.
5. Take time to worship ---
It is the highway of reverence and washes the dust of earth from our eyes.
6. Take time to help and enjoy friends ---
It is the source of happiness.
7. Take time to love ---
It is the one sacrament of life.
8. Take time to dream ---
It hitches the soul to the stars.
9. Take time to laugh ---
It is the singing that helps with life's loads.
10. Take time to plan ---
It is the secret of being able to have time to take time for the first nine things.



Appetizers, Relishes & Pickles



Soups, Salads & Sauces



Meats & Main Dishes



Vegetables



Breads, Rolls & Pastries



Cakes, Cookies & Desserts



Beverages, Microwave & Misc.

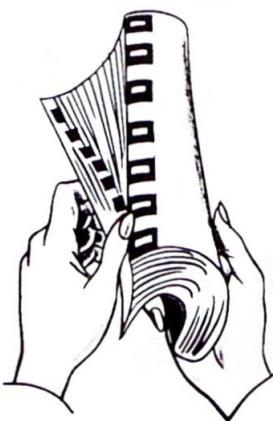


The Recipe For Successful Fund Raising Fundcraft

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